

AUSTRALIAN

diabetic LIVING

7 DAY

**SUMMER
DIET
PLAN**

**STRESS-FREE
WEIGHT LOSS AND
GOOD HEALTH**



GEORGE'S STORY

*"I went from
pre-diabetes to
good health"*

PAPRIKA
PORK &
POTATO
CRUSH
See page 60

carbs EXPLAINED

**EVERYTHING YOU
NEED TO KNOW!**

JAN/FEB 2023 \$8.50 NZ \$9.20



**JUST ONE
THING**

Dr Michael Mosely's
motivating new book

**NO TIME?
NO PROBLEM!**

Quick and healthy
meal replacements

**SET FOR
SUCCESS**

Tools and habits
that work!



SCAN TO SHOP

EASY TO GROW



TREAT YOURSELF
OR SOMEONE SPECIAL

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HELP IS AT HAND

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...



DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit diabetesaustralia.com.au.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS)

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit ndss.com.au or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to adea.com.au to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to jdrf.org.au to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit footforward.org.au

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit keepsight.org.au

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to mydesmondaustralia.com.au to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit ndis.gov.au or call **1800 800 110** for more information.

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**NEXT
ISSUE
ON SALE
FEB 2**



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Scary statistics

“One of the diseases that seems to be increasing is diabetes.” No, this isn’t a recent press release, rather it’s a news item from the July 1933 edition of the *Australian Women’s Weekly*. Almost 90 years later, not much has changed. The latest report from Diabetes Australia, released on World Diabetes Day on November 14, says that the number of people living with diabetes could climb to more than 3.1 million by 2050, resulting in 2.5 million hospitalisations per year and costing Australia around \$45 billion per annum. Also of great concern is the increase in the number of younger people (aged 39 or under) being diagnosed with diabetes, with more than 42,000 people in that age group living with type 2 diabetes.

The good news is that *you* have taken action towards making a positive impact on your own health by picking up this magazine. In every issue we aim to provide you with recipes, expert advice and inspiration that will help you successfully navigate your diabetes journey and I hope that you find something in every issue that makes a difference.

A big issue for a lot of people living with diabetes is carbs - what are they, do they need to be counted and should they be avoided? Our dietitian Dr Kate Marsh tackles those questions and many more in her special report. You might be surprised by some of her answers!

Of course we’ve got plenty of delicious recipes, including a full 7-day summer diet plan to help you stay on track or lose weight over the summer months. Breakfast, lunch and dinner are all sorted! And if you’re looking for summer BBQ ideas, we’ve got plenty of those too. However, we know that sometimes getting dinner on the table can be the straw that breaks the camel’s back, so turn to page 92 for our feature on meal alternatives - everything from shakes, to ready-made meal kits and easy throw togethers. It’s nice to know there are plenty of quick and healthy options out there!

I hope you enjoy the issue and enjoy the summer holiday months.



Alix

Alix Davis,
Editor

We’d love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



diabeticliving@aremedia.com.au

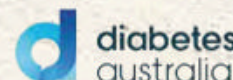


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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.



JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs



drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of

people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.



WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES; ADOBE STOCK

TYPE 1 & TYPE 2...

What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

TAKE THIS TO HEART

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■



Losing just 5 per cent of your body weight can have a positive impact.

XXXXXXXXXX

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

YOUR healthy life

The latest global news on diabetes, fitness, loneliness and eye disease

THAT CHIRPY Feeling

It turns out being surrounded by a few feathered friends really can put you in a chirpy mood. New research from King's College London shows that hearing or simply seeing birds is associated with an improvement in mental wellbeing that can last for up to eight hours. While being in nature is well known for its mood-lifting effects, the study showed that the mental wellbeing birds delivered couldn't be explained simply by the presence of other environmental factors, like trees, plants or waterways. The researchers responsible for the study say it supports the need for creating more spaces that harbour birdlife, but on an individual level, it simply reinforces the value of heading out onto your balcony, into the garden or a nearby park to keep an eye and an ear out for some two-legged, feathered friends.

8200

While taking more steps is always better, fresh research has identified 8200 steps as the sweet spot in terms of the minimum amount to take daily, if you want to reduce your risk of everything from obesity and depression to sleep apnoea, reflux disease, high blood pressure and even diabetes. The news comes via a study published in the journal *Nature Medicine*, with researchers adding that it was using a wearable activity tracker to count and increase the number of daily steps that helped study participants get their step count up to protective levels.



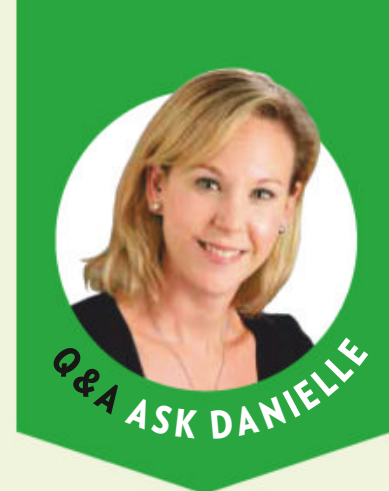
**The Batch Lady:
Cooking on a Budget**
By Suzanne Mulholland
HQ, \$21.99

With a mission to help readers “shop once, cook once, save money all week”, this book is designed to help you get organised, plan ahead and save time – all without breaking the purse strings. Written by ‘The Batch Lady’, UK’s *The Sunday Times* best-selling author, it features more than 100 delicious yet simple recipes that will satisfy the whole family and fill your freezer in no time.



The Book of Burnout
By Bev Aisbett
HarperCollins, \$22.99

After two years of the pandemic, lockdowns, working from home, widespread stress and increased reliance on our devices, the danger of burnout has never been so real. In *The Book of Burnout*, Australia’s best-selling anxiety and mental health expert explains what burnout is, why it happens, how to recognise the danger signs and, most importantly, how to stop it before it stops you.



Q: I’ve had past foot issues, so I understand the importance of catching problems early. What should I pack as a ‘foot first aid kit’ when travelling overseas?

Danielle says: There are things to consider before you travel to help prevent complications, especially if you’re at high risk of foot problems. How prepared you need to be depends on where you travel and what services and medical supplies are available, but the following are things to consider taking and doing.

■ Pack more than one pair of comfortable shoes so they can be alternated especially if you develop painful areas or blisters, or to allow for different weather conditions.

■ Avoid using/buying new shoes and products that you aren’t familiar with.

■ Avoid going barefoot.

■ Keep up daily foot routines, including washing, drying and applying moisturisers, and looking for signs of blisters, cuts, redness, swelling, and scratches. An increase in activity can increase your risk.

■ Pack a dressing kit so you can treat things early. This should include standard first aid items such as saline, gauze, plasters and tape. You could also take a more versatile foam dressing that can be used on most wound types such as blisters, scratches, bites and burns.

■ Contact your healthcare professional if you need advice.

■ Seek medical care at first sign of infection or inflammation.

Danielle Veldhoen, podiatrist

your healthy life

Are you having regular activity 'snacks'?

Fresh research shows short bursts of activity to break up prolonged bouts of sitting can help the body to maintain its muscle mass and quality. And the 'snacks' don't have to be big to be effective – as little as going for a two-minute walk or standing and sitting 15 times from a chair, will do the trick. It may be particularly important to make activity snacks a post-meal ritual – the research not only shows this can improve the way the body clears sugar from the blood following a meal, but it also allows the body to use more of the amino acids in food to build new muscle proteins and repair or replace old ones.



DIABETES AND UTI: WHAT'S THE CONNECTION?

Living with diabetes not only bumps up the risk of experiencing urinary tract infections, when they do occur, they tend to be more severe, too. Now, a new study sheds fresh light on the link. It turns out that higher blood glucose levels result in a lack of something called psoriasin, a natural antibiotic that protects against UTIs.

The fix? As well as doing what you can to maintain good blood glucose control, experts say practising good toilet hygiene, urinating as soon as possible rather than 'holding on' and staying well hydrated to reduce the concentration of bacteria in the urine may also help to prevent a UTI from occurring.

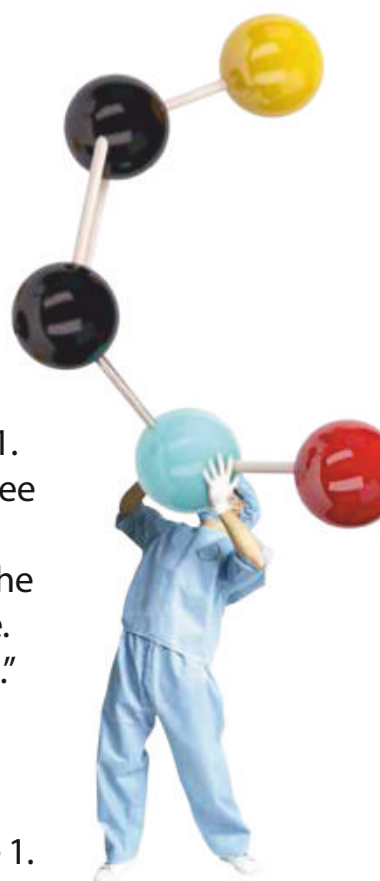


Is Alzheimer's disease type 3 diabetes?

It's an idea that's been floated, and the results of a recent study add weight to the argument. So what's the connection? It turns out Alzheimer's, which is the most common form of dementia contributing to 60-70 per cent of cases, has strong links with insulin resistance. It's been known that the risk of developing Alzheimer's is elevated for people living with type 2, but the exact reason still isn't clear. Now, research suggests that when insulin resistance occurs in the brain, it starves brain cells of the energy they need to function, causing the neurological changes that are associated with Alzheimer's. While type 3 diabetes isn't yet a medically recognised term, it's hoped that the growing understanding of the link between brain insulin resistance and dementia will lead to new and more effective Alzheimer's drugs and treatments.

WORLD-FIRST TYPE 1 CLINICAL TRIAL GIVEN THE GREEN LIGHT

A clinical trial to test how genetically engineered pancreatic islet cells developed at Australia's Garvan Institute of Medical Research might restore insulin function for people living with type 1 diabetes has been funded. The trial will be the first time that the cells will be transplanted into humans to treat type 1. "We've worked on this research for 20 years and to see it reach a stage of translating to people is amazing," says lead researcher Professor Shane Grey, head of the Transplantation Immunology lab at Garvan Institute. "It's the beginning of a long journey, but it's exciting." If successful, it would be a game changer for type 1 diabetes management, reducing or eliminating dependency on external insulin administration and reducing serious health impacts associated with type 1.



Q&A ASK DREW

Q: I'm new to exercise and am keen to set up an inexpensive workout space at home. What are a few items you'd suggest investing in to get me started?

Drew says: It's entirely possible to get an effective home workout with nothing but your body weight. This is called calisthenics training. Exercises such as push-ups, chair dips, squats, lunges, sit-ups and burpees are all very effective bodyweight exercises. If you are unable to perform those exercises due to the complexity of the techniques or because you are new to exercise, there are plenty of great equipment options to help get you started. When it comes to strength and resistance training, the biggest bang for your buck would be a set of modifiable dumbbells so that you can change the load, a pair of kettlebells, a TRX or suspension trainer, and resistance bands. When it comes to cardio, a skipping rope is a very cheap option that offers other benefits beyond cardio such as helping to improve bone mineral density which is important for those at risk of developing osteoporosis. If you can afford to spend a bit more on cardio equipment, I highly recommend a stationary bike or rowing machine. Remember your body can be your gym if you learn how to use it properly.

Drew Harrisberg, exercise physiologist & diabetes educator



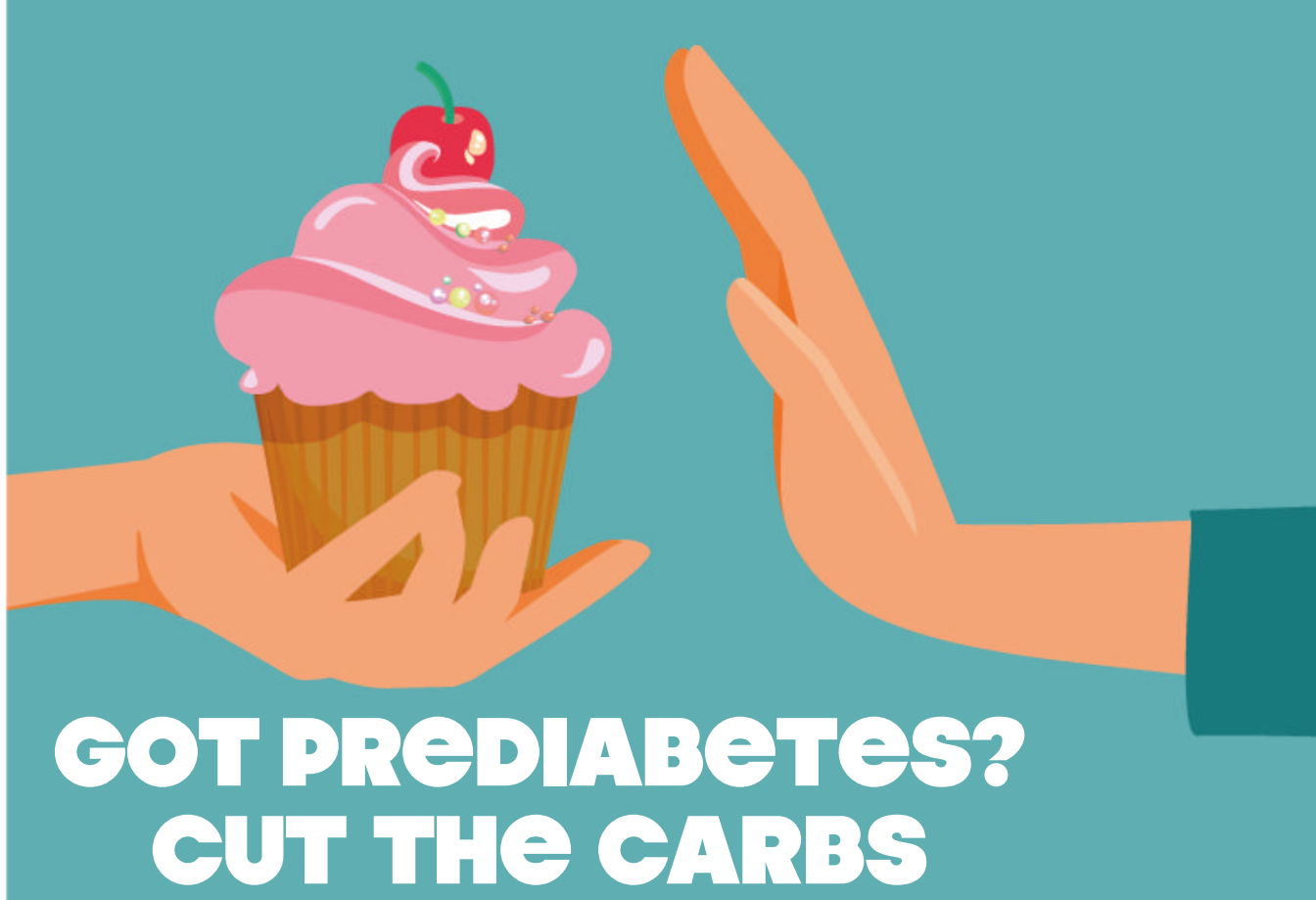
Q: I was recently diagnosed with type 2 and am feeling guilty – like I’ve let myself down. How can I move on?

Janine says: The human mind is a meaning making machine; it’s always trying to make sense of why things happen. Knowing this and being curious about the meaning or ‘story’ our mind attaches to events enables us to bring different and workable perspectives to our situation.

Naturally your mind is working hard to figure out what led to your diagnosis. However, it sounds like your mind is blaming you. When guilt is a consequence of doing something bad, breaking a rule, letting people down or making a mistake, self-forgiveness is helpful. It provides us space to learn from past choices and the opportunity to move constructively forward. However, guilty feelings, and the stories that accompany them, are not always reasonable. It’s sometimes actually not our fault!

Unsurprisingly, being tangled with thoughts that you caused the diagnosis and let yourself down is likely to trigger feelings of guilt. However, rather than respond as if the story is true, you might consider whether there is a helpful way to understand your situation. Is there a story about your diagnosis that’s kinder and empowering? What information does this story have about what to do next to move forward?

Dr Janine Clarke, psychologist



GOT PREDIABETES? CUT THE CARBS

Low-carb diets are often recommended for people living with diabetes to help manage blood sugar levels. Now, researchers from Tulane University in the US have discovered that eating fewer carbs may help to impact the blood sugar of people with prediabetes – where HbA1c levels are higher than ‘normal’ but below levels classified as diabetes. “We know a low-carb diet is one dietary approach used among people who have type 2 diabetes, but there is not as much evidence on effects of this diet on blood sugar in people with prediabetes,” says lead author of the study Assistant Professor Kirsten Dorans. “The key message is that a low-carb diet might be a useful approach for preventing and treating type 2 diabetes. Future work could be done to see if this approach may be an alternative for type 2 prevention.”

A step forward in the treatment of foot ulcers

Researchers at Queen’s University Belfast have developed a new bandage treatment to treat diabetes-related foot ulcers. Produced by 3D bioprinting, the treatment – known as a scaffold – slowly releases antibiotics over a four-week period to effectively treat the wound. It’s an important development considering one in four people living with diabetes will develop a foot ulcer, and while half of them are already infected when they’re diagnosed, 70 per cent of foot ulcers result in having a lower limb amputated. As well as delivering antibiotics, the scaffolds have another benefit, too. “These



scaffolds are like windows that enable doctors to monitor the healing constantly,” says Professor Dimitrios Lamprou, who was involved in the study. “This avoids needing to remove them constantly, which can provoke infection and delay the healing process.” ■

WORDS KAREN FITTALL
PHOTOGRAPHY GETTY IMAGES

advertising promotion

Stay in control

Summertime means longer days and making the most of the warm weather. But with all the picnics, festivities and indulgence, dealing with diabetes over the holidays can be trying.

Managing diabetes can often feel like having to constantly monitor yourself while everyone else is being carefree. That's especially true in the summer months, when there are more parties, barbecues and other opportunities to deviate from your usual eating routine. Fortunately, there's a solution that will help you feel fuller for longer, as well as manage your blood sugar and provide other nutritional benefits.

A DELICIOUS SOLUTION

Featuring a GI rating of just 18 – far lower than similar products on the market – IsoWhey Clinical Nutrition Diabetic Formula is a delicious high-protein meal or snack option designed especially to support the needs of people with diabetes.

Best consumed as a delicious chocolate or vanilla shake, it's a convenient and safe way to help manage your weight and blood sugar levels, without feeling like you're missing out on all the fun.

Specific micronutrients in IsoWhey's Diabetic Formula assist with carbohydrate metabolism, while a range of vitamins and minerals contribute to your energy levels and support normal immune function.

Plus it's made right here in Australia, so you know you're getting the very best product for your needs, and at a reasonable price too.

Combine IsoWhey Clinical Nutrition Diabetic Formula with a balanced diet, healthy lifestyle and regular exercise to make the most of this summer – staying in control and living your best life without worry.

Protein designed for diabetics

Available in tasty chocolate and vanilla flavours, the Diabetic Formula will also keep you feeling full by packing 17 grams of grass-fed whey protein into every serve.



ISOWHEY®

Talk to your dietitian or health professional before use. Available at Chemist Warehouse and ISOWHEY.COM.AU



Set your mid-week dinner mood to “happy”
with our easy, no-cook meals

Beetroot tabbouleh
Recipe, page 16



5 DAYS DINNERS



**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

**Balsamic feta &
mint puy lentils**
Recipe, page 16



MONDAY

GF

BEETROOT TABBOULEH

PREP 10 MINS

SERVES 2 (AS A MAIN)

- 2 cooked beetroot, roughly chopped
- 2 tbsp olive oil, plus extra, to serve
- Zest and juice of 1 lemon
- 1 bunch mint, leaves picked, plus extra, to serve
- 1 bunch flat-leaf parsley, roughly chopped, plus extra, to serve
- Freshly ground black pepper
- 65g ($\frac{1}{3}$ cup) quinoa, cooked following packet directions, cooled
- 2 tomatoes, finely chopped
- 1 red onion, finely chopped
- 1 Lebanese cucumber, finely chopped

1 Put the beetroot, olive oil, juice, most of the mint and parsley and 5 tablespoons of water in a small food processor. Process until smooth. Season with pepper. Add a splash more water to loosen if needed.

2 Put the quinoa in a medium bowl. Add the beetroot mixture and toss to coat.

3 Add the tomatoes, onion, cucumber and lemon zest. Toss until well combined. Season with pepper. Divide between serving plates. Sprinkle with remaining herbs and olive oil. Serve.

NUTRITIONAL INFO

PER SERVE 1830kJ (438Cal), **protein** 10g, **total fat** 23g (sat. fat 4g), **carbs** 40g, **fibre** 14g, **sodium** 87mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

TUESDAY

GF

BALSAMIC FETA & MINT PUY LENTILS

PREP 5 MINS

SERVES 2 (AS A MAIN)

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- $\frac{1}{2}$ small bunch mint, finely chopped, plus extra leaves, to serve
- 50g reduced-fat feta, cut into small cubes
- 200g frozen peas
- 400g can no-added-salt brown lentils, drained and rinsed
- 1 small bunch radishes, trimmed, thinly sliced or kept whole if small
- Freshly ground black pepper

1 Whisk 1 tbsp of the olive oil with 1 tbsp of the balsamic vinegar and half the chopped mint in a medium bowl. Stir in the feta, then set aside.

2 Tip the peas into a large heatproof bowl and pour over enough boiling water to defrost them. Drain and return to the bowl.

3 Put the lentils in a fine mesh sieve, pour over some boiling water to warm them, then drain and tip into the bowl with the peas.

4 Add the radishes to the bowl and toss together with the remaining oil, vinegar and mint. Divide between bowls and top with the marinated feta. Season with pepper and serve.

NUTRITIONAL INFO

PER SERVE 1830kJ (438Cal), **protein** 20g, **total fat** 24g (sat. fat 5g), **carbs** 29g, **fibre** 13g, **sodium** 309mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

WEDNESDAY

GF

CHIPOTLE & LIME PRAWN BURRITO BOWLS

PREP 15 MINS (+ 1 HOUR PICKLING)
SERVES 2 (AS A MAIN)

1 red onion, finely sliced
2 tbsp apple cider vinegar
½ tsp caster sugar
150g leftover cooked Sunrice Doongara Low Gi Rice (see Cook's tip)
Zest and juice of 1 lime, plus extra lime wedges to serve (optional)
½ x 420g can no-added-salt kidney beans, drained and rinsed
4 green shallots, thinly diagonally sliced
Freshly ground black pepper
½ x 420g can drained no-added-salt corn kernels
1 avocado, stone removed, peeled and sliced
2 tomatoes, finely chopped
2 tbsp light sour cream
½ small bunch of coriander, roughly chopped
Chilli flakes, to serve (optional)

PRAWNS

2 tsp chipotle sauce
½ tsp honey
Zest and juice of 1 lime
1 tsp olive oil
250g cooked king prawns, peeled and deveined

1 Combine the red onion, vinegar and sugar in a small bowl. Cover and set aside to pickle for at least 1 hour (or overnight if time permits). Drain before serving.

2 To prepare the prawns, mix the

chipotle sauce, honey, lime zest and juice and oil together in a bowl. Add the prawns and toss to coat.

3 Put the rice, lime zest and juice in a large bowl. Add the kidney beans and most of the green shallots. Season with pepper. Divide the mixture between 2 shallow serving bowls.

4 Top the rice mixture with the pickled onion, prawns, corn, avocado, remaining green shallots and the tomato. Top with the sour cream, coriander and chilli flakes, if using. Serve with the extra lime wedges on the side for squeezing over.



NUTRITIONAL INFO

PER SERVE 2190kJ (524Cal),
protein 20g, **total fat** 19g (sat. fat 5g), **carbs** 57g, **fibre** 19g, **sodium** 356mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten free**

COOK'S TIP

If you don't have any leftover rice, cook 70g (⅓ cup) rice according to packet directions. Drain and set aside to cool.

THURSDAY

GF LCO

VEGIE VERMICELLI

PREP 15 MINS

SERVES 2 (AS A MAIN)

120g dried rice vermicelli noodles
2 carrots, finely shredded or
grated

1 Lebanese cucumber, peeled into
ribbons using a vegetable
peeler

150g sugar snap peas, halved
diagonally

½ small bunch of coriander, leaves
shredded

2 tbsp unsalted peanuts, toasted
and roughly chopped

DRESSING

1½ tbsp olive oil

1 tbsp rice vinegar

½ tsp honey

4cm piece ginger, peeled and
grated

2 small cloves garlic, grated

Freshly ground black pepper

½ long red chilli, finely sliced
(seeds removed, if you like)

1 Put the noodles in a heatproof bowl and cover with boiling water. Set aside for 3-5 minutes to soften. Drain and then plunge the noodles into a bowl of cold water to prevent them drying out. Set aside.

2 To make the dressing, put the oil, vinegar, honey, ginger, garlic and 2 teaspoons cold water in a small bowl. Season with pepper. Whisk well to combine. Stir in the chilli.

3 Put the carrot, cucumber, sugar snap peas and half the coriander in a bowl. Add half the dressing. Toss to combine.

4 Drain the noodles well. Add to the vegetables and toss well to combine. Divide between two plates, then top with the remaining coriander and the peanuts. Serve with the remaining dressing on the side for drizzling over.

NUTRITIONAL INFO

PER SERVE 2090kJ (500Cal),
protein 8g, **total fat** 20g (sat. fat
3g), **carbs** 63g, **fibre** 10g, **sodium**
79mg • **Carb exchanges** 4 • **GI**
estimate low • **Gluten free**

LOWER-CARB OPTION

Replace the rice vermicelli noodles with 200g Slendier Edamame Bean Spaghetti, prepared following packet instructions.

PER SERVE 1670kJ (400Cal),
protein 22g, **total fat** 22g (sat.
fat 4g), **carbs** 19g, **fibre** 16g,
sodium 82mg • **Carb**
exchanges 1½ • **GI estimate**
low • **Gluten free** • **Lower carb**

FRIDAY

HAM, CHEESE & PEAR SALAD

PREP 15 MINS

SERVES 2 (AS A MAIN)

100g (½ cup) couscous
140ml boiling water
2 tbsp olive oil
1 tbsp Dijon mustard
1 tbsp apple cider vinegar
1 tsp honey
80g baby spinach leaves
60g rocket
2 small pears, cored, quartered and finely sliced
50g reduced-fat ricotta
2 tbsp water
Zest of 1 lemon
½ small bunch chives, chopped
80g thinly sliced ham, shredded
Freshly ground black pepper

1 Put the couscous into a small heatproof bowl and pour over the boiling water. Cover and set aside for 4 minutes.

2 Meanwhile, whisk the oil, mustard, vinegar and honey together in a large bowl. Set aside.

3 Add the spinach, rocket and pears to the dressing. Toss to combine. Use a fork to fluff the couscous. Add the couscous to the salad while still warm (this will wilt the greens slightly). Divide between two plates.

4 Combine the ricotta, water, lemon zest and most of the chives. Top the salad with spoonfuls of the ricotta mixture, the ham and remaining chives. Finish with a grinding of black pepper.

NUTRITIONAL INFO

PER SERVE 2300kJ (550Cal),
protein 19g, **total fat** 23g (sat. fat 4g), **carbs** 57g, **fibre** 10g, **sodium** 830mg • **Carb exchanges** 4 • **GI estimate** medium



LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?
Take inspiration from these tasty tips

FRUIT & VEGETABLES

GREEN SHALLOTS Finely chop and use in dressing, thinly slice and toss into your salad or use as a base with garlic for your pasta sauces.

CHILLI Slice or chop and use in stir-fries or dressings.

MINT Put a few mint leaves in a glass with a thin slice of ginger and lime and top up with chilled soda water. Refreshing on a hot summer's day.

CHIVES Finely chop or snip and toss with freshly steamed potatoes adding some finely grated lemon or lime zest, a drizzle of extra virgin olive oil and some finely chopped capers. Season with pepper.

BEETROOT Delicious eaten on their own or slice and use on sandwiches.

GINGER Finely chop or grate and use in dressings, stir-fries and drinks.

GROCERIES

CORN KERNELS AND KIDNEY BEANS Use in salads, as part of a vegetarian taco filling or sprinkle on pizzas.

CHIPOTLE SAUCE Use in dressings, drizzle over chargrilled steak, chicken or prawns.

DRIED VERMICELLI Use to make an

Asian-style salad with fresh herbs, salad leaves, chargrilled steak and a lime and chilli dressing.

PEANUTS Throw a small handful into your salad to add a bit of crunch or use in stir-fries.

COUSCOUS Serve with your favourite healthy curry or use to make a Middle Eastern-style roasted vegetable salad.

SOUR CREAM Use in sauces or spoon a little on your baked potatoes and top with chopped tomato, green shallots and coriander.

FETA Use in salads, sprinkle a little on your healthy salad sandwich or sprinkle over toasted sourdough spread with mashed avocado, freshly ground black pepper and a sprinkle of chilli flakes.

FROZEN PEAS Use in fried rice, pasta sauces or throw a handful in with the potatoes next time you are making mash.

QUINOA Cook and use to make a salad with chopped salad vegetables, can tuna in springwater and a little olive oil, lemon juice and freshly ground black pepper. ■



SHOPPING LIST

GROCERIES

- ☐ 420g can no-added-salt kidney beans
- ☐ 420g can no-added-salt corn kernels
- ☐ 220g jar chipotle sauce
- ☐ 250g pkt dried rice vermicelli
- ☐ 375g pkt unsalted peanuts
- ☐ 400g can no-added-salt brown lentils
- ☐ 500g pkt couscous
- ☐ 500g pkt quinoa
- ☐ 1 avocado
- ☐ 4 tomatoes
- ☐ 1 bunch coriander
- ☐ 2 carrots
- ☐ 2 Lebanese cucumbers
- ☐ 150g sugar snap peas
- ☐ Small knob ginger
- ☐ 1 long red chilli
- ☐ 2 small bunches mint
- ☐ 1 bunch radishes
- ☐ 80g baby spinach leaves
- ☐ 60g rocket leaves
- ☐ 2 small pears
- ☐ 2 lemons
- ☐ 1 bunch chives
- ☐ 250g pkt cooked baby beetroot
- ☐ 1 bunch flat-leaf parsley

CHILLED (FRIDGE & DELI)

- ☐ 250g tub light sour cream
- ☐ 200g pkt reduced-fat feta
- ☐ 50g reduced-fat ricotta
- ☐ 80g thinly sliced ham

FREEZER

- ☐ 500g pkt frozen peas

SEAFOOD

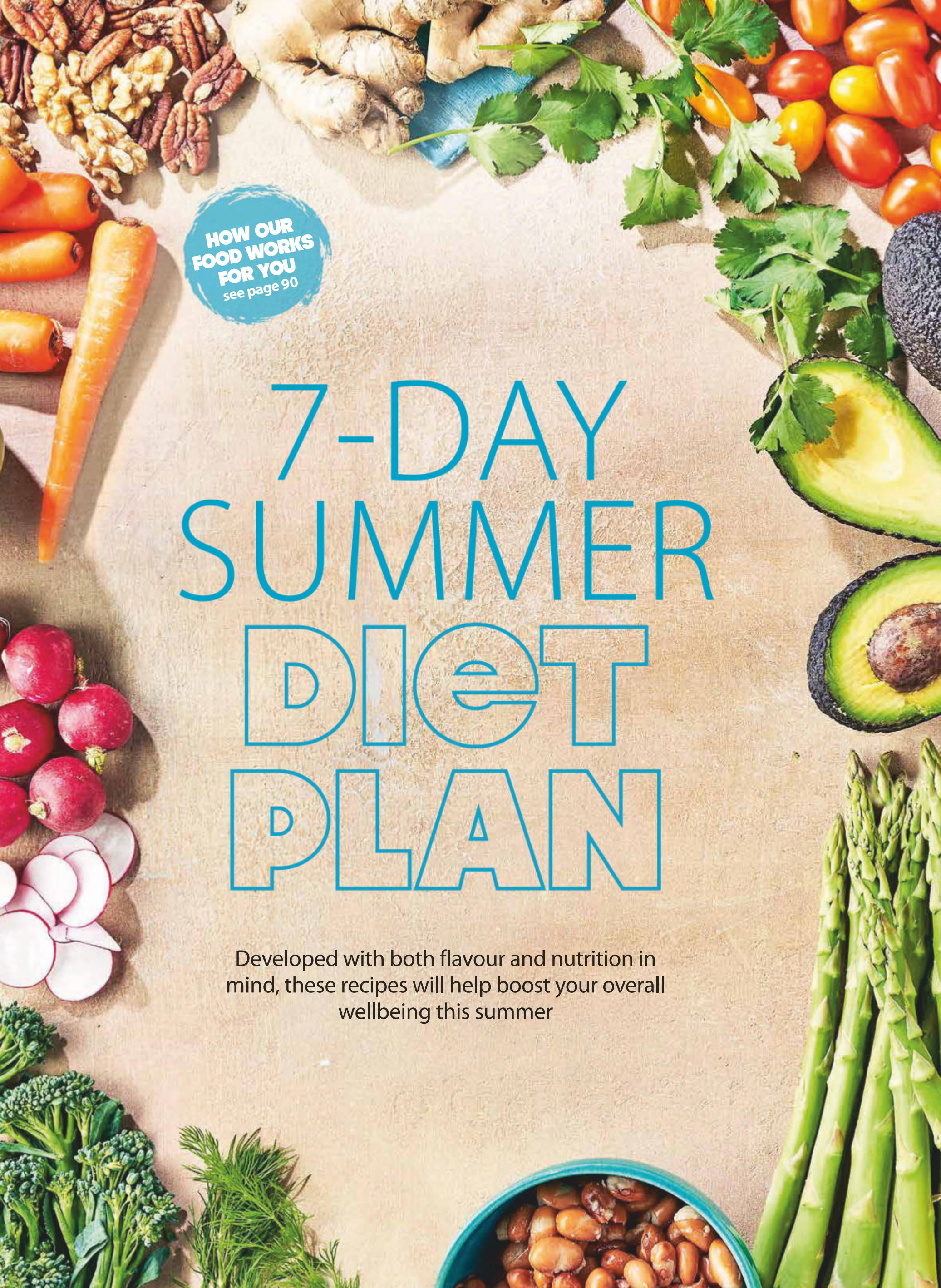
- ☐ 250g cooked king prawns

FRUIT & VEGETABLES

- ☐ 2 red onions
- ☐ 2 limes
- ☐ ½ bunch green shallots

PANTRY

- ☐ Apple cider vinegar
- ☐ Caster sugar
- ☐ Low GI Doongara Rice
- ☐ Chilli flakes
- ☐ Honey
- ☐ Dijon mustard
- ☐ Olive oil
- ☐ Rice vinegar
- ☐ 2 small cloves garlic
- ☐ Black pepper
- ☐ Balsamic vinegar



HOW OUR
FOOD WORKS
FOR YOU
see page 90

7-DAY SUMMER DIET PLAN

Developed with both flavour and nutrition in mind, these recipes will help boost your overall wellbeing this summer

WHAT MAKES THE PLAN HEALTHY

Achieving the right nutrition through a healthy, balanced diet can help improve your mood, support energy levels and help you think more clearly. Our plans are packed with colourful fruit and vegetables and include the right quantities of them to ensure you get all of your recommended 5 serves of vegies a day. We've also made good use of minimally processed ingredients and foods that provide you with healthy fats, lean proteins and slow-release carbs in the form of fibre-rich wholegrains and pulses, plus fermented foods like probiotic-containing yoghurt. A combination of these are associated with several positive health effects, including healthier digestion, a stronger immune system and an overall better mindset, so you can expect to feel more energised, brighter and sharper.

Our recipes have been analysed without additional salt. Instead we use spices and herbs to provide layers of flavour.

This seven-day plan aims to provide between 5000 and 6300 kilojoules per

day (1200-1500 Calories), which is likely to create a moderate shortfall, allowing for steady, controlled weight loss where desired. We're sure you won't feel hungry, however, if weight loss isn't your goal or your lifestyle requires a higher carbohydrate or kilojoule intake, find snack ideas on page 43.

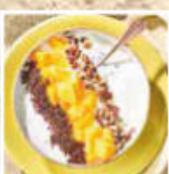
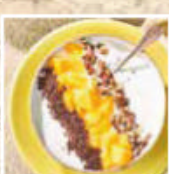
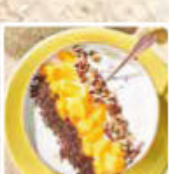
As with any lifestyle or diet change, we encourage you to speak to your GP or healthcare team if you have any concerns or health issues before following any of our plans.

The secret to success is preparation, so we suggest using the Saturday before starting the plan to shop for ingredients and do some food prep. We've also cut down the time you'll spend in the kitchen as the majority of our mains serve four, which means two people can eat well with minimum effort for lunch or dinner on another day.

If you're vegetarian or reducing your meat intake, turn to page 35 to discover a plan with additional recipes that will replace our meat-based dishes.

YOUR 7-DAY SUMMER HEALTHY DIET PLAN

(serves 2)

	breakfast	lunch	dinner
sunday	 One-pan eggs & capsicum <i>Recipe, page 26</i>	 Black bean soup with chunky raita <i>Recipe, page 32</i>	 Chicken skewers with broad bean hummus <i>Recipe, page 29</i>
monday	 Vegan strawberry pancakes <i>Recipe, page 25</i>	 Chicken skewers with broad bean hummus <i>Recipe, page 29</i>	 Wild salmon with radish & orange slaw <i>Recipe, page 30</i>
tuesday	 Vegan strawberry pancakes <i>Recipe, page 25</i>	 Wild salmon with radish & orange slaw <i>Recipe, page 30</i>	 Quinoa with roast asparagus, eggs & capers <i>Recipe, page 28</i>
wednesday	 Orange & dark chocolate yoghurt bowls <i>Recipe, page 26</i>	 Black bean soup with chunky raita <i>Recipe, page 32</i>	 Quinoa with roast asparagus, eggs & capers <i>Recipe, page 28</i>
thursday	 Orange & dark chocolate yoghurt bowls <i>Recipe, page 26</i>	 Miso steak with noodle salad <i>Recipe, page 33</i>	 Fragrant biryani with coriander cod <i>Recipe, page 31</i>
friday	 One-pan eggs & capsicum <i>Recipe, page 26</i>	 Fragrant biryani with coriander cod <i>Recipe, page 31</i>	 Pork with cucumber & apricot couscous <i>Recipe, page 34</i>
saturday	 Orange & dark chocolate yoghurt bowls <i>Recipe, page 26</i>	 Miso steak with noodle salad <i>Recipe, page 33</i>	 Pork with cucumber & apricot couscous <i>Recipe, page 34</i>

OFF TO A GOOD START

Three delicious breakfasts to keep you fuelled till lunchtime

VEGAN STRAWBERRY PANCAKES

PREP 10 MINS **COOK** 10 MINS **SERVES** 2 (3 PANCAKES PER SERVE; AS A BREAKFAST)

115g wholemeal spelt flour
1 tsp baking powder
1 tsp ground cinnamon
150ml soy milk (fortified with calcium)
1 tsp vanilla extract
240g soy yoghurt
200g strawberries, hulled and halved or quartered, if large
2 tbsp chopped pecans
Few small mint leaves, to serve (optional)

1 Put the flour, baking powder and cinnamon in a bowl. Use a balloon whisk to combine. Put the milk, vanilla extract and 2 tbsp of the yoghurt in a jug. Whisk to combine. Add the milk mixture to the dry ingredients and whisk to combine.

2 Spray a large non-stick frying pan with cooking spray. Heat over medium heat. Spoon in 1½ tbsp of the batter to make one pancake, continue to make 3-4 small pancakes. Cook over low heat for 1-2 minutes or until bubbles appear on the surface and the mixture is set.

3 Use a palette knife to turn over the pancakes. Cook for a further 1-2 minutes or until golden and cooked through. Transfer to a plate, cover loosely to keep warm. Repeat with the remaining batter to make 6 pancakes in total.

4 Serve 3 pancakes per person topped with the remaining yoghurt, berries, pecans and mint leaves.

NUTRITIONAL INFO

PER SERVE 1730kJ (414Cal), **protein** 15g, **total fat** 11g (sat. fat 1g), **carbs** 57g, **fibre** 11g, **sodium** 260mg • **Carb exchanges** 4 • **GI estimate** medium

COOK'S TIP

We've used soy milk and yoghurt here, but you can use any plant-based alternatives that are fortified with calcium – or feel free to use regular milk, if you'd prefer.





COOK'S TIP

Make it vegan; omit the eggs in the recipe and replace with slices of tofu.

GFO ONE-PAN EGGS & CAPSICUM

PREP 10 MINS **COOK** 25 MINS **SERVES** 2 (AS A BREAKFAST; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

- 1 tbsp olive oil
- 2 brown onions, halved and thinly sliced
- 1 orange capsicum, halved, deseeded and sliced
- 1 red chilli, deseeded and sliced
- 400g can no-added-salt chopped tomatoes
- 2 tbsp passata
- 2 tsp salt-reduced or gluten-free vegetable stock powder
- 1 tsp dried oregano
- 1 tsp smoked paprika, plus a little extra for sprinkling
- 2 x 420g cans no-added-salt chickpeas, undrained
- 4 x 60g eggs
- 240g reduced-fat Greek yoghurt
- 2 cloves garlic, finely grated
- 4 tbsp chopped flat-leaf parsley

1 Heat the oil in a large, deep, non-stick frying pan with a lid over medium heat. Stir in the onions, then cover and cook for 5 minutes. Remove the lid and give the onions a stir – they should have softened and be starting to brown in places. Stir in the capsicum and chilli. Cook, stirring, for 2 minutes. Add the tomatoes, passata, stock powder, oregano, paprika and chickpeas,

along with their liquid. Cover and reduce heat to low. Simmer for 15 minutes.

2 Remove half the mixture for another day. Create two dips in the remaining mixture with a spoon and crack 2 of the eggs into them. Cover and cook over low heat for about 5 minutes or until just set.

3 Meanwhile, combine the yoghurt with the garlic in a small bowl and sprinkle with paprika. Serve the chickpeas and cooked eggs. Serve half the yoghurt on the side and sprinkle with half the remaining parsley and a little paprika.

LEFTOVERS Keep the cooled chickpea mixture and yoghurt in separate airtight containers in the fridge for five days. Reheat the chickpea mixture in a small pan with a dash of water, and cook the remaining eggs in it, as above in step 2. Serve.

NUTRITIONAL INFO

PER SERVE 1660kJ (396Cal), **protein** 25g, **total fat** 14g (sat. fat 4g), **carbs** 36g, **fibre** 12g, **sodium** 483mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

ORANGE & DARK CHOCOLATE YOGHURT BOWLS

PREP 10 MINS **COOK** 10 MINS **SERVES** 2 (AS A BREAKFAST)

- 90g (1 cup) rolled oats
- 640ml unsweetened fortified soy milk
- 240g reduced-fat Greek yoghurt or soy yoghurt
- 2 oranges, skin and white pith removed, flesh chopped
- 2 tbsp pecans or walnuts, chopped
- 10g dark chocolate, finely grated
- Pinch ground cinnamon

1 Put the oats into a small saucepan and pour in the soy milk. Stir over medium heat for 5-8 minutes or until the oats are cooked and the mixture thickens slightly. Pour into two bowls and allow to cool for a few minutes to thicken further.

2 Smooth the yoghurt over the top to completely cover the porridge, then top with the oranges, nuts, chocolate and cinnamon.

NUTRITIONAL INFO

PER SERVE 2010kJ (481Cal), **protein** 21g, **total fat** 19g (sat. fat 5g), **carbs** 51g, **fibre** 12g, **sodium** 189mg • **Carb exchanges** 3½ • **GI estimate** low

HEALTH TIP

Don't be tempted to remove all the pith from the oranges – it's loaded with fibre, vitamin C and immune-supportive flavonoids.



LUNCHES & DINNERS

All these recipes serve four people, so for two following the plan, leftovers will keep as another lunch or dinner for later in the week

GF

QUINOA WITH ROAST ASPARAGUS, EGGS & CAPERS

PREP 20 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

2 bunches asparagus, woody ends trimmed if tough, halved if very long
500g zucchini, thickly sliced
2 red onions, halved, cut into chunks
1 tsp olive oil
135g (¾ cup) quinoa
4 x 60g eggs
420g can no-added-salt borlotti beans, rinsed and drained
200g ready-cooked beetroot, finely chopped
1 tbsp chopped dill

DRESSING

2 tbsp extra virgin olive oil
1 tbsp balsamic vinegar
1 tbsp drained baby capers
3 tbsp chopped dill

1 Preheat oven to 180°C (fan-forced). Line two baking trays with baking paper. Put the asparagus, zucchini and onions in a shallow dish. Pour over the oil and use your hands to evenly coat the vegetables. Spread the vegetables out evenly over the two trays. Roast for 20-25 minutes or until they are tender and starting to colour.

2 Meanwhile, put the quinoa in a medium saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and simmer for 20 minutes or until the quinoa is tender. Set aside for 5 minutes. Drain well and tip the quinoa into a large bowl.

3 Bring a small saucepan of water to the boil. Carefully lower in the eggs and cook for 7 minutes. Run the eggs under cold water. Peel off the shells and cut each egg in half.

4 To make the dressing, mix all the ingredients in a small bowl.

5 Add half the dressing to the quinoa with the beans and roasted zucchini and onions. Toss well, then pile onto a platter and top with the asparagus and halved eggs, scatter over the beetroot but try to avoid staining the eggs pink. Drizzle over the last of the dressing and the dill. Serve half the salad.

NUTRITIONAL INFO

PER SERVE 1830kJ (438Cal),
protein 21g, **total fat** 19g (sat. fat 3g), **carbs** 42g, **fibre** 13g, **sodium** 230mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

LEFTOVERS

Cover the remaining salad and keep in the fridge for another 2 days.



COOK'S TIP

Cooking for one? Our recipes are scalable, meaning you can easily halve or double the ingredients to accommodate more or fewer people.



BGF

LC

CHICKEN SKEWERS WITH BROAD BEAN HUMMUS

PREP 25 MINS **COOK** 15 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

1 tbsp olive oil
2 tsp dried oregano
1 tsp smoked paprika
2 tsp fresh lemon juice
1 clove garlic, finely grated
Freshly ground black pepper
600g skinless chicken breast fillets, trimmed of fat, cubed

HUMMUS

300ml water
640g frozen baby broad beans
2 cloves garlic
2 tbsp fresh lemon juice
2 tbsp tahini
1 tbsp ground coriander
1 tsp ground cumin

SALAD

2 red onions, chopped
1 tbsp fresh lemon juice
4 tomatoes, sliced
2 Lebanese cucumbers, halved and sliced

1 Combine the oil, oregano, paprika, lemon juice and garlic in a bowl. Season with pepper. Add the chicken and toss well to coat. Thread the chicken evenly between four metal skewers and set aside.

2 To make the salad, combine the onions and lemon juice in a bowl. Set aside.

3 To make the hummus, put the water and broad beans in a small saucepan. Cover and bring to the boil over high heat. Reduce heat to medium and cook for 5 minutes. Use a slotted spoon to scoop the broad beans out of the pan, reserving the water. Place the beans into a bowl with the remaining ingredients. Use a hand-held blender to blitz with up to 150ml of the cooking water, until smooth.

4 Preheat a barbecue grill or chargrill

on high. Add the chicken skewers and cook for 4-5 minutes on each side, or until cooked through. Meanwhile, finish preparing the salad. Toss the tomatoes and sliced cucumber with the lemon-soaked onions.

5 Serve half the hummus with two skewers of chicken and half the salad.

LEFTOVERS Transfer the remaining hummus, salad and skewers to separate airtight containers. Keep in the fridge for up to two days. Reheat the skewers to serve.

NUTRITIONAL INFO

PER SERVE 1920kJ (459Cal), protein 48g, total fat 14g (sat. fat 2g), carbs 26g, fibre 16g, sodium 103mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free** • **Lower carb**

summer diet plan

GF LC **WILD SALMON WITH RADISH & ORANGE SLAW**

PREP 25 MINS **COOK** 15 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

½ tsp smoked paprika
½ tsp cumin seeds
¼ tsp ground cinnamon
¼ tsp orange zest
4 x 140g boneless salmon fillets

RADISH SLAW

600g Zerella Spud Lite Baby Potatoes, unpeeled
2 red capsicums, halved and deseeded
1-2 green chillies, deseeded and finely chopped
1 tbsp extra virgin olive oil
Zest and juice of 1 lemon
4 green shallots, finely sliced
1 bunch radishes, thinly sliced
12 pitted kalamata olives, quartered

2 small oranges, skin removed and chopped (leave the pith on)
5 tbsp chopped mint

1 Combine the paprika, cumin seeds, cinnamon and orange zest in a bowl. Rub the mixture over both sides of the salmon fillets.

2 To make the radish slaw, add the potatoes to a saucepan of boiling water and cook for 15 minutes or until just tender. Drain, cool slightly and thickly slice.

3 Preheat a barbecue grill or chargrill on high. Add the capsicum and cook for 5 minutes each side, or until cooked through and charred. Peel off the blistered skins and

finely chop the flesh. Put in a bowl with the chillies, olive oil, lemon juice and zest, green shallots, radishes and sliced potatoes.

4 Reduce the chargrill heat to medium-high and add the salmon. Cook for 3-4 minutes each side or until just cooked.

5 Toss the olives, chopped orange and mint through the potatoes and serve half with half the salmon.

NUTRITIONAL INFO

PER SERVE 2140kJ (512Cal),
protein 31g, **total fat** 28g (sat. fat 6g), **carbs** 26g, **fibre** 9g, **sodium** 196mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free** • **Lower carb**

LEFTOVERS

Place the salmon and slaw in separate containers and keep in the fridge for up to 2 days.

LEFTOVERS Keep the remaining biryani in an airtight container for up to 2 days. Reheat in the microwave until piping hot. Top with extra coriander leaves and serve.

GFO

FRAGRANT BIRYANI WITH CORIANDER COD

PREP 20 MINS **COOK** 1 HOUR 15 MINS **SERVES** 2
(AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

2 large brown onions, halved and sliced
2 tbsp olive oil
4cm piece ginger, peeled and cut into thin matchsticks
600ml water
1 red chillies, deseeded and sliced
2 tsp salt-reduced vegetable stock or gluten-free stock
220g (1 cup) brown basmati rice
1½ tsp cumin seeds
½ tsp ground cinnamon or half a cinnamon stick
½ tsp ground cardamom
320g baby spinach leaves
130g (½ cup) reduced-fat Greek yoghurt
150g (1 cup) frozen peas
¼ cup coriander, plus extra, to serve
1 tbsp fresh lemon juice
4 x 130g blue-cod fillets

1 Preheat oven to 180°C (fan-forced). Put the onions, oil and ginger in a medium non-stick frying pan over medium heat. Add 100ml of the water. Cover and bring to a

simmer. Simmer, covered, for 10 minutes. Remove the lid and add the chillies and 1 tsp stock powder. Cook, stirring occasionally, for a further 10 minutes or until the water evaporates.

2 Meanwhile, put the rice and remaining 500ml (2 cups) water into a medium saucepan. Stir in 1 tsp cumin seeds, the cinnamon, ground cardamom and the remaining stock powder. Bring to the boil over medium heat. Cover and simmer for 20-25 minutes or until the rice is cooked and the water absorbed.

3 Tip the onion mixture into a bowl and set aside. Put the spinach in the frying pan with the remaining ½ tsp cumin seeds and cook, stirring, until the spinach just wilts. Tip 1 tbsp of the onion mixture into a bowl with 1 tbsp of the yoghurt and set aside. Tip half the cooked rice into an ovenproof pan that has a lid. Top with the wilted spinach, then half the remaining onion

mixture. Next stir the peas into the remaining rice, then spread this over in a layer, followed by the rest of the onion mixture, then the rest of the yoghurt. Cover and bake for 15 minutes.

4 Meanwhile, stir the coriander into the reserved onion and yoghurt mixture. Add the lemon juice and 1 tbsp water. Use a hand held blender to blitz until smooth. Spread the yoghurt mixture evenly over both sides of the cod.

5 After the biryani has been cooking for 15 minutes, lay the cod on top of the marinade. Cover and bake for a further 15-18 minutes or until the fish flakes. Serve half topped with extra coriander. Set the remaining aside.

NUTRITIONAL INFO

PER SERVE 2060kJ (492Cal),
protein 37g, **total fat** 14g (sat. fat 3g), **carbs** 49g, **fibre** 10g, **sodium** 257mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

summer diet plan

GFO BLACK BEAN SOUP WITH CHUNKY RAITA

PREP 15 MINS **COOK** 25 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER MEAL)

1 tsp cumin seeds
2 tsp smoked paprika
2 tsp ground coriander
4 x 420g cans no-added-salt black beans
400g can no-added-salt chopped tomatoes
1 tbsp tomato purée or passata
1 tbsp salt-reduced or gluten-free vegetable stock powder
3 large cloves garlic, finely grated
500ml (2 cups) water
2 small avocados, chopped
Coriander leaves, to serve

RAITA

200g cherry tomatoes, quartered, smaller ones halved
2 green shallots, finely chopped
2 tbsp fresh lemon juice
240g low fat natural yoghurt
¼ cup coriander leaves, chopped

1 Put the cumin seeds in a large saucepan. Cook, stirring, over medium heat for 2-3 minutes or until toasted. Add the paprika, ground coriander, 2½ cans of beans along with their liquid, the tomatoes, tomato puree, stock powder, garlic and water. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, stirring occasionally, for 15 minutes.

2 Meanwhile, to make the raita; combine all the ingredients in a bowl.

3 Use a hand held blender to blitz the beans until completely smooth. Stir in the remaining beans and return to the boil over high heat.

4 Divide half the soup between serving bowls. Top with half the raita, 1 chopped avocado and extra coriander leaves. Serve.

LEFTOVERS Leave the remaining soup to cool, then transfer to an airtight container and place in the fridge for another day. The soup will keep chilled for four days; the raita will keep for two days. Reheat the soup in a pan over a medium-low heat, stirring, until piping hot.

NUTRITIONAL INFO

PER SERVE 1240kJ (297Cal), **protein** 17g, **total fat** 9g (sat. fat 2g), **carbs** 31g, **fibre** 12g, **sodium** 606mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**



LEFTOVERS

Transfer the remaining noodle salad and steak to an airtight container. Drizzle over the remaining miso sauce. Keep in the fridge for up to 2 days.

GFO

MISO STEAK WITH NOODLE SALAD

PREP 10 MINS **COOK** 10 MINS

SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

- 2 cloves garlic, crushed
- 1 tsp grated ginger
- 2 x 150g beef sirloin steaks, trimmed of all visible fat, cut into strips
- 2 tsp brown miso paste

NOODLE SALAD

- 1½ bunches broccolini, stems thickly sliced, florets left whole
- 130g dried wholemeal noodle nests or gluten-free noodles
- 1½ tbsp brown miso paste
- 2 tbsp fresh lemon juice
- 3 tbsp cider vinegar
- 3 tbsp finely chopped ginger
- 1½ tbsp olive oil
- 1 red onion, finely chopped
- 2 carrots, cut into matchsticks
- 4 tomatoes, cut into wedges
- 1 tbsp toasted sesame seeds

1 To make the noodle salad; bring a large saucepan of water to the boil. Add the broccolini and cook for 3-4 minutes or until the broccoli is tender. While the broccolini is

cooking, cook the noodles following packet directions. Drain the broccolini and noodles and set aside. Whisk the miso paste in a large bowl with the lemon juice, vinegar, ginger and oil. Toss with the cooked broccolini, noodles, red onion, carrots and tomatoes.

2 Heat a large non-stick frying pan over medium heat. Add the ginger and cook, stirring, for 1 minute. Add the steak and cook, tossing, for 2-3 minutes or until browned and just cooked.

3 Divide half the noodle salad onto 2 serving plates. Top with half of the steak. Add the miso to the wok with 2 tbsp water and cook, tossing, until heated through. Spoon half of the sauce over the steak.

NUTRITIONAL INFO

PER SERVE 1680kJ (402Cal), **protein** 29g, **total fat** 12g (sat. fat 2g), **carbs** 38g, **fibre** 9g, **sodium** 555mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

HEALTH TIP

Miso is a source of essential minerals such as copper, manganese and zinc, and is a useful source of various B vitamins, including folate. As a fermented food, miso provides the gut with beneficial bacteria that may promote gut health, known to be linked to our overall wellness.



PORK WITH CUCUMBER & APRICOT COUSCOUS

PREP 20 MINS **COOK** 40 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

½ cup coriander leaves
4 small cloves garlic, chopped
2 tsp ground sumac
2 tbsp water
1 tbsp olive oil
400g pork fillet, trimmed of fat
1½ tsp smoked paprika

CUCUMBER & APRICOT COUSCOUS

2 red onions, halved and sliced
1 eggplant, cut into 1cm cubes
150g pearl couscous
½ bunch green shallots, sliced
1 Lebanese cucumber, chopped
Zest of 1 lemon
2 tbsp fresh lemon juice
1 tbsp extra virgin olive oil
¼ cup mint leaves, chopped
320g fresh apricots
25g toasted flaked almonds

1 Preheat oven to 170°C (fan-forced). Line a large baking tray with baking paper.

2 Put the coriander, garlic, sumac, water and 1 tbsp oil in a small bowl. Use a hand held blender to blitz until smooth. Rub a quarter of the mixture over the pork. Put the pork on the lined tray and sprinkle over the paprika.

3 Spray the red onions and eggplant with cooking spray and scatter around the pork. (If your tray isn't large enough, use two trays.) Roast for 25 minutes. Check the pork and if it isn't cooked but the vegetables are, then take the vegetables out of the oven and cook the pork for a further 10-15 minutes or until the juices run clear.

4 Meanwhile, to make the cucumber & apricot couscous, cook the couscous following pack instructions. Drain and tip into a bowl with the remaining garlicky herb mixture. Add the green shallots, cucumber, lemon zest and

juice, olive oil and mint. Quarter and stone the apricots. If ripe, add to the salad bowl, but if a little firm, add to the tray in the oven first to cook for 10 minutes or until softened.

5 Set the pork aside to rest. Add the roasted red onions, eggplant, apricots and almonds to the couscous and toss everything together. Slice the pork and serve half with half the couscous.

LEFTOVERS Place the couscous mixture and pork in separate airtight containers in the fridge. Keep for 2-3 days for another meal.

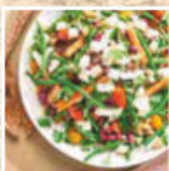
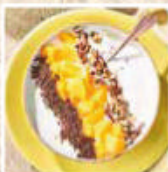
NUTRITIONAL INFO

PER SERVE 1960kJ (469Cal), **protein** 33g, **total fat** 15g (sat. fat 2g), **carbs** 43g, **fibre** 11g, **sodium** 200mg • **Carb exchanges** 3 • **GI estimate** medium

MEAT-FREE MEALS

These recipes, along with our breakfasts on page 25, add up to a healthy vegetarian diet for seven days

YOUR 7-DAY SUMMER VEGETARIAN HEALTHY DIET PLAN (serves 2)

	breakfast	lunch	dinner
sunday	 One-pan eggs & capsicum <i>Recipe, page 26</i>	 Veggie nuggets with summer slaw <i>Recipe, page 37</i>	 Sweet potato gnocchi with tomato sauce <i>Recipe, page 42</i>
monday	 One-pan eggs & capsicum <i>Recipe, page 26</i>	 Veggie nuggets with summer slaw <i>Recipe, page 37</i>	 Quinoa salad with shredded greens & raisins <i>Recipe, page 38</i>
tuesday	 Vegan strawberry pancakes <i>Recipe, page 25</i>	 Three bean salad with mozzarella <i>Recipe, page 41</i>	 Gingery broccoli-fry with cashews <i>Recipe, page 40</i>
wednesday	 Vegan strawberry pancakes <i>Recipe, page 25</i>	 Quinoa salad with shredded greens & raisins <i>Recipe, page 38</i>	 Sweet potato gnocchi with tomato sauce <i>Recipe, page 42</i>
thursday	 Orange & dark chocolate yoghurt bowls <i>Recipe, page 26</i>	 Three bean salad with mozzarella <i>Recipe, page 41</i>	 Potato frittata with capsicum salsa <i>Recipe, page 36</i>
friday	 Orange & dark chocolate yoghurt bowls <i>Recipe, page 26</i>	 Potato frittata with capsicum salsa <i>Recipe, page 36</i>	 Vegetarian pastitsio <i>Recipe, page 39</i>
saturday	 Orange & dark chocolate yoghurt bowls <i>Recipe, page 26</i>	 Gingery broccoli-fry with cashews <i>Recipe, page 40</i>	 Vegetarian pastitsio <i>Recipe, page 39</i>

GF POTATO FRITTATA WITH CAPSICUM SALSA

PREP 15 MINS **COOK** 25-30 MINS **SERVES** 4 (AS A MAIN MEAL)

1kg Zerella Spud Lite potatoes,
unpeeled, thinly sliced
8 x 60g eggs
2 red chillies, deseeded, finely
chopped
3 cloves garlic, finely grated
Freshly ground black pepper
100g rocket leaves

CAPSICUM SALSA

1 tsp olive oil
2 red capsicums, halved and
deseeded
420g can no-added-salt corn
kernels, rinsed and drained
1 red onion, finely chopped
½ cup basil leaves, roughly
chopped
½ tsp lime zest
1 tbsp fresh lime juice

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Put the potatoes in a large saucepan and cover with cold water. Cover and bring to the boil over high heat. Reduce heat to medium-high and cook, partially covered, for 5 minutes or until the potatoes are just cooked. Drain and set aside.

2 Put the eggs, chillies and garlic in a bowl. Season with pepper. Whisk until well combined. Spray a deep, 30cm ovenproof dish with cooking spray. Stir the potatoes into the egg mixture.

3 To make the capsicum salsa, spray the capsicum halves with cooking spray and place cut-side down on the lined tray.

4 Add the potato mixture and capsicums to the oven. Cook for 25-30 minutes or until the egg is set and starting to brown around the edges.

5 Meanwhile, tip the corn into a bowl. Add the onion, basil, lime zest and juice. Peel the roasted capsicum and finely chop the flesh. Add to the corn mixture and toss to combine.

6 Serve half the frittata with half the salsa and half the rocket.

NUTRITIONAL INFO

PER SERVE 1650kJ (395Cal),
protein 24g, **total fat** 13g (sat. fat 3g), **carbs** 36g, **fibre** 10g,
sodium 225mg • **Carb exchanges**
2½ • **GI estimate** medium • **Gluten free**

LEFTOVERS Pack the remaining frittata, salsa and rocket in separate airtight containers. Keep in the fridge for up to 3 days for another meal. Serve cold or lightly warmed with the remaining salsa.



GFO VEGIE NUGGETS WITH SUMMER SLAW**PREP** 35 MINS **COOK** 40 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

90g (½ cup) quinoa
 1½ tbsp olive oil
 2 brown onions, very finely chopped
 2 x 420g cans no-added-salt black beans, rinsed and drained
 2 tsp dried oregano
 3 tbsp no-added-salt or sugar crunchy peanut butter
 3 tbsp chopped flat-leaf parsley
 1 tsp salt-reduced or gluten-free vegetable stock powder
 2 x 60g eggs, whisked

COLESLAW

90g (⅓ cup) low fat natural yoghurt
 1 tsp English mustard powder
 1 tsp apple cider vinegar
 1 carrot, coarsely grated
 1 red capsicum, deseeded and finely chopped
 1 small white onion, finely chopped
 345g (3 cups) finely shredded white cabbage

4 tbsp chopped coriander

1 Cook the quinoa in a small saucepan, following packet directions, for 20 minutes. Set aside for 5 minutes. Drain well.

2 Meanwhile, heat 1 tbsp of the oil in a small non-stick frying pan over medium-low heat. Add the onion and cook, covered, stirring occasionally, for 5 minutes. Uncover and cook for 5 minutes or until the onion is soft and starts to change colour. Remove the pan from the heat and stir in the black beans, oregano, peanut butter, parsley and stock powder. Use a potato masher to crush the beans.

3 Add the quinoa and eggs to the bean mixture and mix until well combined. Heat the remaining 1 tbsp oil in a large non-stick frying pan over medium heat. Using a

measuring tablespoon, scoop rounded spoonfuls of the mixture and add to the pan, spaced apart (only using half of the batter). Cook for 2-3 minutes each side until the nuggets are browned.

4 To make the coleslaw; put the yoghurt, mustard powder and vinegar in a large bowl. Whisk to combine. Add the carrot, capsicum, onion, cabbage and coriander and toss well to coat. Serve half the coleslaw with two portions of the nuggets.

NUTRITIONAL INFO

PER SERVE 2240kJ (537Cal), **protein** 26g, **total fat** 22g (sat. fat 4g), **carbs** 49g, **fibre** 16g, **sodium** 245mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LEFTOVERS Put the remaining nugget batter and coleslaw in 2 separate airtight containers. Keep in the fridge for up to 3 days.

HEALTH TIP

Peanuts are nutrient-rich and provide a number of minerals including magnesium, iron and zinc.



GF

QUINOA SALAD WITH SHREDDED GREENS & RAISINS

PREP 10 MINS **COOK** 20 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS WITH 2)

135g ($\frac{3}{4}$ cup) quinoa
3 tbsp balsamic vinegar
2 tbsp extra virgin olive oil
200g kale, inner core removed,
shredded

1 red onion, finely chopped
1 green capsicum, deseeded,
chopped into small pieces

2 tbsp raisins

2 small avocado, chopped
40g South Cape Greek-style
Reduced Fat Fetta

1 Rinse the quinoa in a fine sieve under running water until the water runs clear. Cook for 20 minutes, following packet instructions. Set aside to rest for 5 minutes. Rinse again and drain well by pressing in the sieve.

2 Meanwhile, put the vinegar and oil in a large bowl. Add the kale and massage in the dressing with your hands to soften it.

3 Add the quinoa, onion, capsicum and raisins. Toss well. Spoon half onto plates, scatter over 1 chopped avocado and crumble in half the feta. Toss to combine.

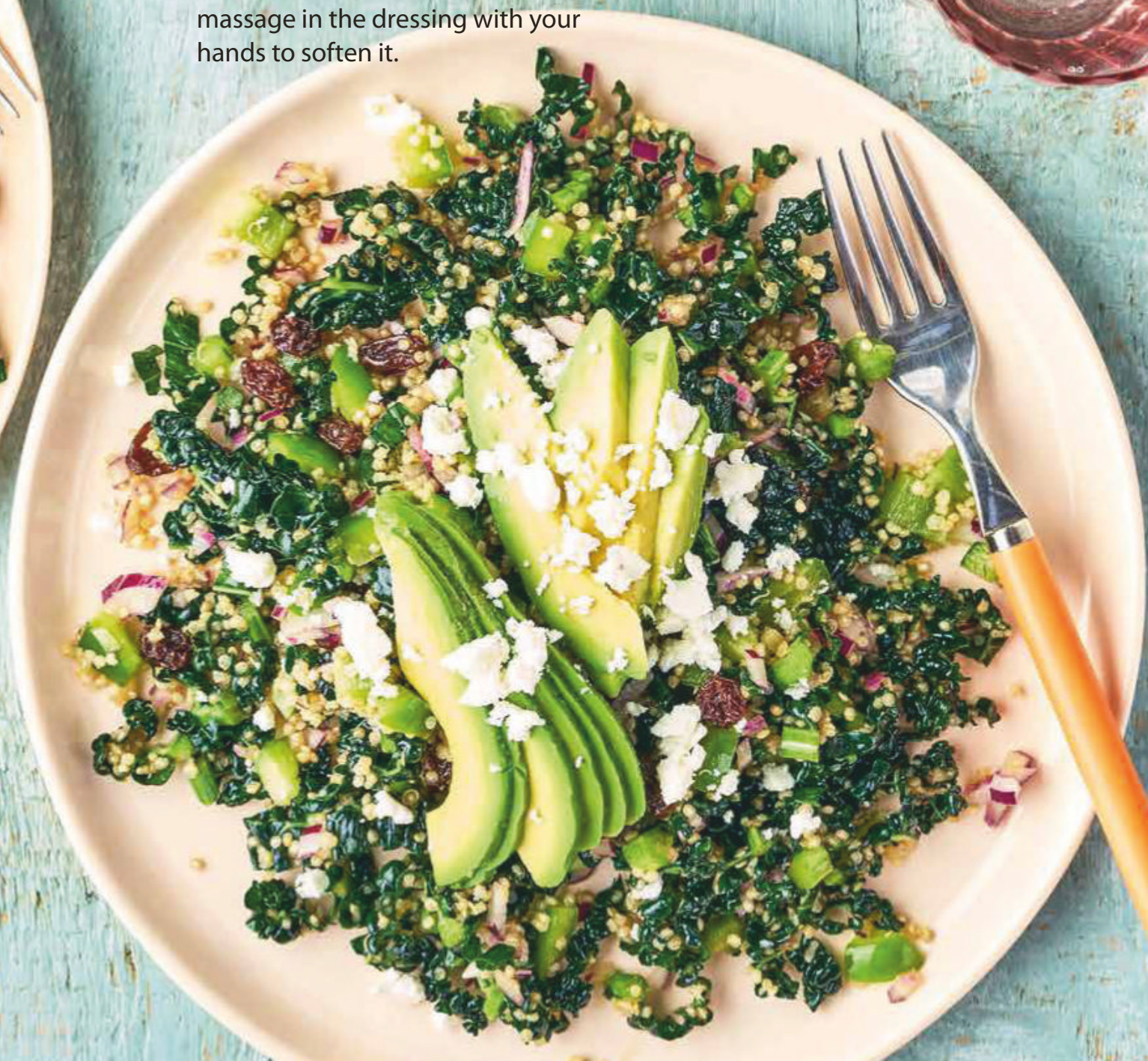
LEFTOVERS Pack the remaining ingredients into airtight containers. Keep in the fridge for up to 3 days. Top with the remaining avocado and feta. Serve.

NUTRITIONAL INFO

PER SERVE 1610kJ (385Cal),
protein 12g, **total fat** 20g (sat. fat 4g), **carbs** 35g, **fibre** 12g,
sodium 145mg • **Carb**
exchanges 2½ • **GI**
estimate low •
Gluten free

HEALTH TIP

Avocado is a great source of heart-friendly monounsaturated fat, vitamin E and potassium. The majority of the nutrients are found in the darker green flesh near the skin, so make the most of this, even if it means scraping the last bits out of the shell.



GFO F

VEGETARIAN PASTITSIO**PREP** 25 MINS **COOK** 1 HOUR 15 MINS**SERVES** 2 (WITH LEFTOVERS FOR 4; AS A MAIN MEAL)

2 large brown onions, halved and sliced

1 tbsp olive oil

2 tsp salt-reduced or gluten-free vegetable stock powder

3 bay leaves

2 tbsp balsamic vinegar

2 cloves garlic, finely grated

1 tsp dried oregano

1 tsp ground cinnamon

250ml (1 cup) water

250g dried penne or gluten-free pasta

400g can no-added-salt chopped tomatoes

4 tbsp tomato purée or passata

2 x 420g cans no-added-salt brown lentils, undrained

WHITE SAUCE

500ml (2 cups) skim milk

200ml water

50g (1/3 cup) wholemeal plain flour or gluten-free flour

1 x 60g egg, separated

40g South Cape Greek-style Reduced Fat Fetta, crumbled

1/2 tsp dried oregano

SALAD

4 tomatoes, cut into thin wedges

1 red onion, very thinly sliced

1/3 cup dill sprigs

12 kalamata olives

Juice of 1/2 lemon

1 Preheat oven to 170°C (fan-forced). Put the onions and oil in a large saucepan with the stock powder, 2 of the bay leaves, vinegar, garlic, oregano and cinnamon. Add the water, cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, stirring occasionally, for 10 minutes or until softened. Uncover and cook, stirring often, for a further 10 minutes. The water should evaporate after this time and the onions should be soft.

2 Meanwhile, cook the pasta in a large saucepan of boiling water following pack instructions, or until al dente. Drain and set aside.

3 Stir the tomatoes, tomato purée and the lentils, along with their liquid, into the onions. Stir well, then cover and simmer for 5 minutes. Remove the bay leaves.

4 To make the white sauce, pour the milk and water into a saucepan with the flour, whisk well to stop

lumps forming and keep stirring for 8-10 minutes or until the sauce thickens. Stir the egg white into the pasta and spoon over the base of a baking dish. Top with the lentil mixture. Stir the egg yolk into the white sauce, then spoon on top of the lentils, scatter over the feta and oregano, then bake in the oven for 40 minutes until bubbling.

5 To make the salad; combine all the ingredients in a bowl.

6 Cut the pastitsio into 6 portions. Serve 2 portions with half the tomato and onion salad.

LEFTOVERS Cover 2 of the remaining pastitsio with plastic wrap and keep in the fridge for up to 2 days. Reheat in the microwave until hot. Freeze the remaining 2 portions for another time.

NUTRITIONAL INFO

PER SERVE 1840kJ (440Cal), **protein** 23g, **total fat** 8g (sat. fat 2g), **carbs** 65g, **fibre** 11g, **sodium** 439mg • **Carb exchanges** 4 1/2 • **GI estimate** low • **Gluten-free option**

GFO LC

GINGERY BROCCOLI-FRY WITH CASHES

PREP 15 MINS COOK 15 MINS SERVES 2 (AS A MAIN MEAL)

NUTRITIONAL INFO

PER SERVE 1530kJ (366Cal),
protein 22g, total fat 20g
(sat. fat 4g), carbs 17g, fibre
15g, sodium 549mg • Carb
exchanges 1 • GI estimate
low • Gluten-free option
• Lower carb

250g (1 head) broccoli, stalks and
florets separated
2 tbsp unsalted cashews, roughly
chopped
1 tbsp sesame oil
3cm piece ginger, finely sliced
1 small red onion, finely chopped
1 red capsicum, deseeded, cut into
thin strips
1 large carrot, cut into thin strips
2 cloves garlic, thinly sliced
1 red chilli, deseeded and finely
chopped, plus extra sliced, to
serve
3 tbsp water
1 tbsp salt-reduced soy sauce or
gluten-free soy sauce
Zest and juice of 1 lime
¼ cup chopped coriander, plus
extra, to serve
2 x 60g eggs, whisked

1 Put the broccoli stalks in a small
food processor and process until
finely chopped. Add the florets and
pulse again to achieve a rice-like
texture.

2 Add the cashews to a wok and
cook, stirring often, over medium
heat until the cashews are golden
brown. Transfer to a plate. Set aside.

3 Heat the oil in the wok over high
heat. Add the ginger, onion,
capsicum, carrot, garlic and chilli to
the wok. Stir-fry for 2-3 minutes or
until starting to brown. Put on a lid
and cook for 2 minutes.

4 Add the broccoli and water to the
wok. Stir-fry for 3 minutes or until all
the vegetables are tender. Pour in the
soy sauce, lime zest and juice and
coriander. Stir well. Pour in the eggs
and stir-fry very briefly to just set.
Serve with the cashews, extra
coriander and extra sliced chilli
scattered over, if you like.

HEALTH TIP

Chopping cruciferous veg
enhances levels of beneficial
compounds called
glucosinolates which have
cancer-protective properties.

GF

THREE BEAN SALAD WITH MOZZARELLA

PREP 20 MINS COOK 10 MINS

SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

320g green beans, ends trimmed, halved if large

4 carrots, cut into thin sticks

2 red onions, halved and thinly sliced

425g can no-added-salt cannellini beans, rinsed and drained

420g can no-added-salt red kidney beans, rinsed and drained

320g mixed colour cherry tomatoes, halved

½ cup basil leaves, roughly torn

120g fresh mozzarella, cubed

Freshly ground black pepper

DRESSING

2 tbsp extra virgin olive oil

1½ tbsp balsamic vinegar

2 cloves garlic, finely grated

½ tsp dried oregano

1 tsp dried English mustard powder

15 pitted kalamata olives, sliced

½ tsp lemon zest

2 tbsp fresh lemon juice

1 Steam the green beans and carrots for 7-10 minutes or until just tender. Put the sliced onions in a small heatproof bowl and cover with boiling water.

2 Meanwhile, to make the dressing, mix all the ingredients together in a large bowl.

3 Drain the onions. Tip the cooked green beans and carrots into the dressing along with the onions, beans and tomatoes. Toss well to combine. Add the basil and toss again.

4 Serve half, scattered with half the mozzarella and a sprinkling of black pepper.

NUTRITIONAL INFO

PER SERVE 1900kJ (455Cal), protein 20g, total fat 21g (sat. fat 6g), carbs 37g, fibre 19g, sodium 399mg • Carb exchanges 2½ • GI estimate low • Gluten free

LEFTOVERS Transfer the remaining bean salad and mozzarella into separate airtight containers. Keep in the fridge for up to 3 days.



SWEET POTATO GNOCCHI WITH TOMATO SAUCE

PREP 40 MINS **COOK** 1 HOUR 10 MINS

SERVE 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

350g orange sweet potato

4 (200g each) Zerella Spud Lite
Potatoes

200g wholemeal spelt flour, plus
extra if needed

TOMATO SAUCE

1 tbsp olive oil

4 cloves garlic, finely grated

1-2 chillies, deseeded and finely
chopped

600g large vine-ripened tomatoes,
finely chopped

½ cup basil leaves, half chopped

50g (⅓ cup) finely grated parmesan

1 Preheat oven to 180°C (fan-forced). Put both types of potato, unpeeled, on a baking tray, prick all over with a fork. Bake for 50-60 minutes or until a knife easily slides into them. Cut all the potatoes in half to allow excess steam to escape as they cool.

2 Meanwhile, make the sauce; heat the oil in a large, non-stick frying pan over medium heat. Add the garlic and chillies and cook, stirring often for 1-2 minutes or until softened. Tip in the tomatoes and stir in half the chopped basil. Cover and bring to

the boil over high heat. Reduce heat to low and cook, covered, for 20-30 minutes to make a thick sauce.

3 When the baked potatoes are cool enough to handle, carefully peel and discard the skins, transfer the flesh to a large bowl. Mash well until smooth. Stir in the flour, then knead briefly with your hands to create a dough, adding a little extra flour if the mixture is sticky.

4 Halve the dough, then wrap one half and put in the fridge for another day. Quarter the remaining dough, then roll each piece into a sausage about 28cm long and cut into even bite-sized chunks. Lightly press using the back of a fork to create ridges, then set aside, spaced apart.

5 Bring a large saucepan of water to the boil. Drop in the gnocchi and cook for 2-4 minutes or until they rise to the surface, then scoop out using a slotted spoon. Don't let them overcook or they'll fall apart. Toss with half the tomato sauce, tear in half the remaining basil, and scatter over half the parmesan.

LEFTOVERS Pack the remaining sauce into an airtight container. Keep the sauce and gnocchi in the fridge for up to 3 days. Make the rest of the gnocchi as directed in step 4. Reheat the sauce and serve as above with the remaining basil and parmesan.

NUTRITIONAL INFO

PER SERVE 1670kJ (400Cal),
protein 18g, **total fat** 11g (sat. fat 4g), **carbs** 51g, **fibre** 10g, **sodium** 225mg • **Carb exchanges** 3½ • **GI estimate** high

MIND THE GAP

Try these nibbles for an afternoon pick-me-up or to refuel after exercise

LEFTOVERS

The popcorn will keep in a sealed airtight container for up to 1 week.

GF

LC

SPICY MICROWAVE POPCORN

PREP 5 MINS COOK 5 MINS SERVES 2 (AS A SNACK; WITH LEFTOVERS FOR 4 FOR ANOTHER DAY)

50g corn kernels
1 tbsp sesame oil
1 tsp garlic granules
2-3 tsp smoked paprika

1 Tip the corn kernels into a large heatproof bowl, cover and microwave on High/100% for 5-8 minutes, or until the popping stops.
2 Stir the oil and spices into the popcorn and toss well to coat.

NUTRITIONAL INFO

PER SERVE 247kJ (59Cal), protein 1g, total fat 3g (sat. fat 1g), carbs 5g, fibre 1g, sodium 1mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb



GF

HUMMUS SNACK PACKS

PREP 10 MINS **SERVES** 2 (AS A SNACK; WITH LEFTOVERS FOR 2)

420g can no-added-salt chickpeas,
drained, liquid reserved
1 clove garlic
1 tsp ground coriander
½ tsp ground cumin
1-2 tbsp fresh lemon juice
1 tbsp extra virgin olive oil
Freshly ground black pepper
400g baby (Dutch) rainbow
carrots or 4 regular carrots
400g baby cucumbers or 4
Lebanese cucumbers

1 Tip the chickpeas and garlic into a bowl with the coriander, cumin, 1 tbsp lemon juice and the oil. Add 2 tbsp of the reserved liquid from the chickpeas. Use a hand held blender to blitz until smooth. If the blender is struggling, add another splash of the liquid. Season with pepper and add a little more lemon juice if needed.

2 Spoon the hummus into four small containers. Slice the carrots and cucumber into batons when

you're ready to eat and serve with the hummus.

LEFTOVERS The hummus will keep in the fridge for up to three days.

NUTRITIONAL INFO

PER SERVE 549kJ (131Cal), **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 13g, **fibre** 8g, **sodium** 85mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

go GREEN

Boost your vegetable intake with this healthy smoothie. As well as being packed with nutrients, the deep green of spirulina adds rich vibrancy while avocado gives a silky texture.

GF LC

GREEN SPIRULINA SMOOTHIE

PREP 5 MINS

SERVES 2 (AS A DRINK OR SNACK)

½ small avocado, peeled and stone removed

1 tsp spirulina powder

50g baby spinach leaves

¼ Lebanese cucumber, roughly chopped

Zest and juice of 1 lime

Small handful mint, plus a sprig to garnish (optional)

80ml (1/3 cup) 100% unsweetened apple juice, chilled

80ml (1/3 cup) chilled water

1 tsp honey

1 Put the avocado, spirulina powder, spinach, cucumber, lime zest and juice, mint, apple juice, water and honey in a blender or small food processor. Cover and blend until smooth.

2 Pour the smoothie between serving glasses and top with a sprig of mint. Serve immediately.

NUTRITIONAL INFO

PER SERVE 333kJ (80Cal), protein 2g, total fat 3g (sat. fat 1g), carbs 7g, fibre 4g, sodium 49mg
• Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

**BARBECUED
BROCCOLI,
CAULIFLOWER &
HALOUMI**

Recipe, page 49

NUTRITIONAL INFO

PER SERVE 2200kJ (526Cal),
protein 32g, **total fat** 28g (sat. fat
16g), **carbs** 31g, **fibre** 11g, **sodium**
976mg • **Carb exchanges** 2 • **GI**
estimate medium • **Gluten-free**
option

LOWER-CARB OPTION

Omit the couscous and
serve with a side salad of
rocket with a drizzle of olive
oil and lemon juice.

**LOWER-CARB
NUTRITIONAL INFO**

PER SERVE 1960kJ (467Cal),
protein 30g, **total fat** 30g (sat. fat
16g), **carbs** 14g, **fibre** 11g, **sodium**
989mg • **Carb exchanges** 2 • **GI**
estimate medium • **Gluten free**
• **Lower carb**

Nothing celebrates an Aussie summer quite like a BBQ. These nutritious, mouth-watering recipes will be sure to please a crowd!

QUICK grills

GFO LCO

BARBECUED LAMB WITH CUMIN, LEMON & GARLIC

PREP 15 MINS (+ 30 MINS MARINATING)

COOK 15 MINS **SERVES** 4 (AS A MAIN)

300g lamb neck fillet, trimmed of fat, diagonally sliced across the grain into ½cm thick slices
2 tsp ground cumin
2 cloves garlic, crushed
1 lemon, zested then cut into 4 wedges
1 tbsp olive oil
Freshly ground black pepper
4 tbsp natural yoghurt
200g tomatoes, deseeded and thinly sliced
½ cucumber, seeded, core removed, thinly sliced
½ red onion, thinly sliced, rinsed and drained
4 Mission Wholemeal Pita Pockets or gluten-free pockets, warmed, to serve
Small bunch of flat-leaf parsley, any thick stalks removed and roughly chopped, to serve

1 Put the lamb into a medium bowl. Add the cumin, most of the garlic, the lemon zest and oil. Season with pepper. Cover and put in the fridge for at least 30 minutes, to marinate, or overnight if time permits.

2 Preheat a barbecue grill on medium-high. Combine the yoghurt and remaining garlic in a small bowl. Put the tomatoes, cucumber and onion in a medium bowl. Squeeze over one of the lemon wedges and toss to combine.

3 Add the lamb to the barbecue and cook for 2-3 minutes each side or until just cooked and well caramelised.

4 Transfer the lamb to a bowl and season with pepper. Fill the warmed flatbreads with the garlic yoghurt, salad, parsley and lamb. Squeeze over the lemon wedges, fold and serve.



GFO LCO

**BARBECUED
BROCCOLI,
CAULIFLOWER &
HALOUMI****PREP** 15 MINS **COOK** 20 MINS**SERVES** 4 (AS A MAIN)

2 tomatoes, finely chopped
 ½ red onion, finely chopped
 Juice of 1 lemon
 1 tsp apple cider vinegar
 2 tsp dried oregano
 Freshly ground black pepper
 600g cauliflower, cut into small florets, stalks cut into 5cm pieces
 600g broccoli, cut into small florets, stalks cut into 5cm pieces
 3 tsp olive oil
 1 tsp smoked paprika
 350g salt-reduced haloumi, patted dry with paper towel, cut into 2.5cm cubes
 95g (½ cup) couscous, cooked following packet directions, to serve

1 Put the tomatoes, onion, lemon juice, vinegar, half the dried oregano and pepper in a bowl. Toss to combine.

2 Preheat a barbecue grill or plate on high. Bring a large saucepan of water to the boil and add the cauliflower florets, cauliflower stalks and broccoli stalks. Cook for 2 minutes. Add the broccoli florets and cook for a further 1 minute. Drain the vegetables and transfer to a large bowl. Add 2 teaspoons of the oil, the paprika and the remaining oregano. Toss to combine.

3 Add the vegetables to chargrill and cook for 3-4 minutes, turning occasionally, until tender. Transfer to a large serving bowl.

4 Add the haloumi to the grill and cook for 1 minute each side. Transfer to the bowl with the vegetables. Drizzle over the remaining oil and toss to combine. Divide between serving plates. Serve with the couscous.

NUTRITIONAL INFO

PER SERVE 1760kJ (421Cal),
protein 27g, **total fat** 10g (sat. fat 3g), **carbs** 51g, **fibre** 9g,
sodium 613mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Replace the pita breads with 4 lower carb wraps, such as Woolworths Lower Carb Wholemeal Wraps.

**LOWER-CARB
NUTRITIONAL INFO**

PER SERVE 1200kJ (287Cal),
protein 26g, **total fat** 12g (sat. fat 4g), **carbs** 12g, **fibre** 12g, **sodium** 278mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

COOK'S TIP

Soak the skewers in cold water for at least 2 hours. This helps to prevent the skewers burning on the barbecue.



GF

JERK-ISH PORK SKEWERS

PREP 25 MINS (+ SOAKING)

COOK 15 MINS **SERVES** 4 (AS A MAIN)

500g lean pork mince

½ tsp ground allspice

1 tsp ground cinnamon

2 tsp thyme leaves

2 green shallots, finely chopped

2 cloves garlic, finely chopped

1 lime, zested and cut into quarters

2 tsp honey

2 tbsp olive oil

Freshly ground black pepper

8 wooden skewers (see Cook's tip)

Rice salad, to serve (recipe, right)

1 Put the pork mince, allspice, cinnamon, thyme, green shallots, garlic, lime zest and honey in a

bowl. Use clean hands to mix until well combined. Drizzle the olive oil over a large plate.

2 Divide the mince mixture into eight portions and roll into even-sized balls. Working with one ball at a time and using wet hands, press the ball onto a skewer, forming it into a sausage shape around the skewer as you go. Transfer the finished skewers to the oiled plate and keep chilled until needed.

3 Preheat a barbecue grill on medium-high. Add the skewers to the grill and cook for 2 minutes. Carefully turn the skewers using tongs and cook for a further 5 minutes before turning again. Repeat this process once more until

the skewers are cooked through.

4 Transfer skewers to a serving platter, squeeze over the lime wedges and season with pepper.

RICE SALAD: Cook 100g (½ cup) **Doongara Low GI White Rice** and cool. Combine with the kernels of 1 cooked **corn cob**, ½ thinly sliced **red onion**, ½ cup **fresh herbs**, 2 tbsp fresh **lemon juice**, 1 tbsp **extra virgin olive oil** and freshly ground **black pepper**.

NUTRITIONAL INFO

PER SERVE 1810kJ (432Cal), **protein** 32g, **total fat** 20g (sat. fat 4g), **carbs** 31g, **fibre** 5g, **sodium** 78mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

**GRILLED VEGETABLES
WITH CANNELLINI
BEANS & PESTO**

Recipe, page 52



barbecue

GFO LCO

GRILLED VEGETABLES WITH CANNELLINI BEANS & PESTO

PREP 20 MINS COOK 30 MINS

SERVES 4 (AS A MAIN)

- 1 large eggplant, sliced lengthways into ½cm-thick slices
- 2 zucchini, sliced lengthways into ½cm-thick slices
- 250g cherry tomatoes
- 425g can no-added-salt cannellini beans
- 4 slices wholemeal sourdough or gluten-free bread, to serve
- 1 lemon, cut into wedges, to serve (optional)

PESTO

- 1 cup firmly packed basil leaves
- ⅓ cup firmly packed flat-leaf parsley leaves
- 1 small clove garlic
- Zest and juice of 1 lemon
- 30g pine nuts, lightly toasted, plus 1 tbsp, to serve
- 2 tsp nutritional yeast
- 3 tbsp olive oil
- Freshly ground black pepper

- 1 Preheat a barbecue grill on medium-high.
- 2 To make the pesto, put the basil, parsley, garlic, lemon zest and juice, 30g pine nuts and nutritional yeast in a small food processor. Cover and process to combine. Gradually add the olive oil to loosen the mixture. Season with pepper.
- 3 Add the eggplant and zucchini slices to the grill. Cook for 2-3 minutes each side or until the vegetables soften and have shrunk slightly. Remove from the grill. Add the tomatoes and cook for 2-3 minutes, turning often, until the skins have split and the tomatoes soften. Remove from the grill.
- 4 Drain the cannellini beans, reserving the liquid from the can,

and tip the beans onto a serving platter. Add 2 tbsp of pesto and mix, loosening the bean mixture with some of their reserved liquid.

5 Add the eggplant and zucchini slices to the platter and mix gently until lightly coated in the pesto. Scatter the tomatoes on top, then drizzle with more pesto (you can loosen this with more of the reserved bean liquid, if needed). Sprinkle with the extra 1 tbsp pine nuts and serve with crusty bread and lemon wedges, if using.

NUTRITIONAL INFO

PER SERVE 1740kJ (416Cal), protein 13g, total fat 24g (sat. fat 3g), carbs 30g, fibre 14g, sodium 189mg • Carb exchanges 2 • GI estimate low • Gluten-free option

LOWER-CARB OPTION

Instead of the crusty bread, serve each portion with ½ Macro Lower Carb Linseed & Sunflower Bread Rolls.

LOWER-CARB NUTRITIONAL INFO

PER SERVE 1910kJ (457Cal), protein 20g, total fat 31g (sat. fat 4g), carbs 17g, fibre 14g, sodium 142mg • Carb exchanges 1 • GI estimate low • Lower carb

GF LC

BARBECUED BREAM WITH GREEN SHALLOTS, LEMON & CHILLI

PREP 20 MINS COOK 30 MINS

SERVES 4 (AS A MAIN)

- 1.5-2kg whole sea bream, cleaned and descaled (or use 2 smaller breams)
- Freshly ground black pepper
- ½ brown onion, thinly sliced
- 2 lemons, 1 sliced, 1 halved
- 2 green shallots, trimmed

- 1 large clove garlic, unpeeled
- 2 long red chillies
- 3 tbsp olive oil
- 500g Zerella Spud Lite Baby Potatoes, halved, steamed, to serve
- 2 cups mixed salad leaves, to serve

1 Preheat a barbecue plate on medium. Season the inside of the bream with pepper and stuff with the onion and lemon slices.

2 Put the green shallots, garlic, whole chillies and lemon halves, cut-side down, onto the grill. Cook for 10-12 minutes, turning halfway through, or until the vegetables start to colour and soften.

3 Rub 1 tablespoon of the olive oil over the outside of the fish and place on the grill. Do this carefully, as the oil on the fish skin may start to catch and burn.

4 Remove the vegetables and lemons from the grill. Finely chop the green shallots and chillies (remove the seeds if you don't want it to be too hot) and place into a bowl. Squeeze the garlic from its skin into the bowl. Squeeze over the barbecued lemon and drizzle with the remaining oil. Toss to combine.

5 After 8-10 minutes, carefully turn the fish using tongs and a fish slice, if needed to prevent it breaking apart. Cook for another 8 minutes, then check the fish is cooked through by pulling a piece of skin away – the flesh should be opaque.

6 When the fish is ready, transfer to a serving plate and pour over the vegetable topping. Serve with the potatoes and salad leaves.

NUTRITIONAL INFO

PER SERVE 2450kJ (586Cal), protein 62g, total fat 29g (sat. fat 7g), carbs 14g, fibre 5g, sodium 271mg • Carb exchanges 1 • GI estimate medium • Gluten free • Lower carb

**BARBECUED BREAM
WITH GREEN
SHALLOTS, LEMON
& CHILLI**

Recipe, opposite



SUMMER SPRITZ

Don't feel deprived at cocktail hour, enjoy one of these refreshing mixers without blowing your calorie budget

GF LC

PINK GIN SPRITZ

PREP 5 MINS
SERVES 1 (AS A DRINK)

Handful of ice
25ml rose-flavoured gin
20ml lychee liqueur
Chilled sparkling water, for
topping up

- 1 Fill a highball glass with ice.
- 2 Pour over the gin and lychee liqueur, then top up with sparkling water and serve.

NUTRITIONAL INFO

PER SERVE 341kJ (82Cal),
protein 0g, **total fat** 0g (sat.
fat 0g), **carbs** 1g, **fibre** 0g,
sodium 6mg • **Carb**
exchanges 0 • **GI estimate** n/a
• **Gluten free** • **Lower carb**

LIME & PASSIONFRUIT MOCKTAIL

PREP 5 MINS **SERVES** 1 (AS A DRINK)

½ passionfruit, pulp removed
Juice of ⅓ lime
1 tbsp sugar syrup (see Cook's Tip)
Handful ice cubes
125ml (½ cup) chilled sparkling
water

- 1 Put the passionfruit pulp, lime juice and sugar syrup into a wine glass and gently muddle using the end of a rolling pin.

- 2 Add the ice and top up with the sparkling water. Stir and serve.

NUTRITIONAL INFO

PER SERVE 283kJ (68Cal), **protein**
0g, **total fat** 0g (sat. fat 0g), **carbs**
15g, **fibre** 2g, **sodium** 13mg • **Carb**
exchanges 1 • **GI estimate**
medium • **Gluten free**

GF LC

ELDERFLOWER
SPRITZ

PREP 10 MINS SERVES 1 (AS A DRINK)

Handful ice
25ml elderflower cordial
20ml gin
80ml chilled prosecco
Chilled soda water, for topping up
Lime slices, to garnish

- 1 Fill a tumbler with ice, then pour over the elderflower liqueur.
- 2 Add the gin and prosecco, then top up with the soda water and garnish with lime slices, to serve.

NUTRITIONAL INFO

PER SERVE 440kJ (105Cal), protein 0g, total fat 0g (sat. fat 0g), carbs 2g, fibre 0g, sodium 3mg • Carb exchanges 0 • GI estimate n/a • Gluten free • Lower carb

GF

APERITIF SPRITZ

PREP 5 MINS SERVES 1 (AS A DRINK)

Handful of ice
50ml Aperol
90ml chilled prosecco
15ml chilled sparkling water
Orange peel twist, to garnish

- 1 Fill a tumbler with ice, then pour over the Aperol and Prosecco.
- 2 Top up with sparkling water. Stir. Add the orange twist, to garnish. Serve.

NUTRITIONAL INFO

PER SERVE 328kJ (78Cal), protein 0g, total fat 0g (sat. fat 0g), carbs 13g, fibre 0g, sodium 13mg • Carb exchanges 1 • GI estimate high • Gluten free

COOK'S TIP
LIME &
PASSIONFRUIT
MOCKTAIL

You can buy sugar syrup or simply make your own by combining equal portions of sugar and water in a small saucepan. Cook, stirring, until the sugar dissolves. Set aside to cool. Store in an airtight container in the fridge for up to 2 weeks.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

HOW OUR
FOOD WORKS
FOR YOU
see page 90

30 MINUTE MEAT-LOVERS' MEALS

Dive into these meaty mains for a protein-packed flavour hit that will keep you feeling full for hours

GFO LCO

BEEF WITH SNOW PEAS & CASHES

PREP 15 MINS **COOK** 10 MINS
SERVES 4 (AS A MAIN)

50g unsalted cashew nuts
1 tsp cornflour or gluten-free cornflour
1½ tbsp salt-reduced soy sauce or gluten-free soy sauce
3 tbsp oyster sauce or gluten-free oyster sauce
1 tbsp rice vinegar
1 tbsp honey
1 tbsp olive oil
280g lean rump steak, trimmed of fat, thinly diagonally sliced
4cm piece of ginger, peeled and cut into matchsticks
2 cloves garlic, crushed
200g snow peas, diagonally halved
110g (½ cup) Doongara Low GI White Rice, cooked following packet directions, to serve
2 bunches broccolini, steamed, to serve
2 bok choy, halved and steamed, to serve

1 Put the cashews in a small non-stick frying pan and cook, stirring, over medium heat for 3-4 minutes or until the cashews are lightly browned. Transfer to a plate and set aside.

2 Combine the cornflour and soy sauce in a small bowl to make a paste. Stir in the oyster sauce, vinegar and honey.

3 Heat a large wok over high heat. Add the oil and gently swirl it around to cover the base of the wok. Add the steak to the wok and stir-fry for 1-2 minutes or until the meat is browned. Add the ginger and garlic and stir-fry for 30 seconds. Add the snow peas and the sauce. Stir-fry for 30 seconds or until the sauce is thick and glossy.

4 Divide the stir-fry between bowls. Sprinkle over the cashews and serve with the rice.

NUTRITIONAL INFO

PER SERVE 1640kJ (393Cal), **protein** 28g, **total fat** 14g (sat. fat 2g), **carbs** 37g, **fibre** 5g, **sodium** 1060mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

LOWER CARB OPTION

Swap the rice for 2 cups warm cauliflower & broccoli rice

PER SERVE 1320kJ (407Cal), **protein** 27g, **total fat** 13g (sat. fat 2g), **carbs** 18g, **fibre** 7g, **sodium** 1070mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**



Paprika pork &
potato crush
Recipe, page 60

NUTRITIONAL INFO

PER SERVE 2510kJ
(600Cal), **protein** 34g,
total fat 38g (sat. fat 9g),
carbs 27g, **fibre** 8g,
sodium 552mg • **Carb**
exchanges 2 • **GI**
estimate medium •
Gluten-free option

LOWER-CARB OPTION

swap the flat bread for
4 low-carb wraps (such
as Simson's Pantry
Low Carb Super Grains
Wraps)

PER SERVE 2570kJ
(615Cal), **protein** 37g,
total fat 40g (sat. fat
10g), **carbs** 19g, **fibre**
13g, **sodium** 535mg
• **Carb exchanges** 1½
• **GI estimate** low
• **Lower carb**

Lamb with hummus &
roasted tomatoes
Recipe, page 58



LAMB WITH HUMMUS & ROASTED TOMATOES

PREP 20 MINS **COOK** 15 MINS **SERVES** 4 (AS A MAIN)

2 tbsp olive oil
4 cloves garlic, crushed
8 x 50g lamb cutlets, trimmed of fat
Freshly ground black pepper
200g mixed cherry tomatoes on the vine
40g pine nuts
Handful watercress or baby spinach leaves
12 kalamata olives, pitted and halved
50g reduced-fat feta, crumbled
Handful mint leaves, finely chopped, to serve
2 wholemeal Lebanese bread, halved or gluten-free bread

HUMMUS

420g can no-added-salt chickpeas, drained and rinsed
Juice of half a lemon
1 small clove garlic, roughly chopped
1½ tsp tahini
1 tbsp olive oil

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Combine 3 teaspoons of the oil and the garlic in a small bowl. Rub half the oil mixture over the lamb cutlets. Season well with pepper. Set aside to marinate.

2 Put the tomatoes on the lined tray and drizzle over the remaining oil mixture. Season with pepper. Cook for 8-10 minutes or until the tomatoes are soft, adding the pine nuts for the final 2-3 minutes to toast.

3 Meanwhile, to make the hummus, put all the ingredients in a small food processor. Process, adding 2-3 tablespoons water until the mixture is smooth and a good consistency.

4 Preheat a chargrill pan or barbecue grill on medium-high. Add the lamb and cook for 2½ minutes each side, for medium-rare, or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside to rest for 5 minutes.

5 Spread the hummus over a platter or four plates and top with the tomatoes, the remaining oil, the lamb and watercress. Scatter over the olives, pine nuts, feta and mint. Serve with the Lebanese bread.



SPICED PORK & PINEAPPLE SKEWERS

PREP 10 MINS (+ 3 HOURS MARINATING)

COOK 20 MINS **SERVES** 4 (AS A MAIN)

700g pork fillet, trimmed of fat, cut into 3cm cubes
¼-½ tsp chilli flakes
2 cloves garlic, crushed
1 tbsp ground coriander
2 tbsp rice vinegar
2 tbsp caster sugar
2 tbsp sriracha (or other Asian chilli sauce or gluten-free chilli sauce)
Zest of 1 lime
Juice of half lime
2 tbsp olive oil
350g peeled and cored pineapple, cut into 3cm cubes
8 wooden skewers, soaked in cold water for 30 minutes

SALAD

2 cups baby spinach leaves
1 avocado, sliced or chopped
1 large Lebanese cucumber, sliced
Juice of ½ a lime
Freshly ground black pepper

1 Put the pork, chilli flakes, garlic, coriander, rice vinegar, sugar, sriracha, lime zest and juice and oil in a large bowl. Mix well to coat the pork. Cover and put in the fridge for 2-3 hours to marinate, or overnight.

2 Remove the pork from the fridge about 20 minutes before you are ready to cook. Thread the pieces of pork alternately with chunks of pineapple onto the skewers. Heat a chargrill pan or barbecue grill over medium-high heat. Add the skewers and cook for 3-4 minutes each side, or until the pork is caramelised and cooked through and the pineapple is charred. Transfer to a plate and set aside to rest for a few minutes before serving.

3 To make the salad, toss all the ingredients together. Serve the pork skewers with the salad.

NUTRITIONAL INFO

PER SERVE 1820kJ (435Cal), **protein** 45g, **total fat** 18g (sat. fat 3g), **carbs** 19g, **fibre** 8g, **sodium** 286mg
• Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb



**Spiced Pork &
Pineapple skewers**
Recipe, left

GF LC

PAPRIKA PORK & POTATO CRUSH

PREP 10 MINS COOK 15 MINS
SERVES 2 (AS A MAIN)

300g Zerella Spud Lite Baby Potatoes, unpeeled
100g frozen peas
4 green shallots, finely chopped
25g light margarine, plus 1 tsp extra, for the potatoes
Freshly ground black pepper
2 x 125g lean pork cutlets, trimmed of fat
½ tsp smoked paprika
1 carrot, sliced, steamed, to serve
50g snow peas, steamed, to serve

1 Cook the potatoes in a medium saucepan of boiling water, adding the peas for the last 2 minutes of cooking. Drain the potatoes and tip into a large bowl. Add the green shallots and 1 teaspoon extra margarine. Season with pepper. Crush gently with a fork to just break open the potatoes.

2 Meanwhile, heat a large non-stick frying pan over medium heat. Add the pork cutlets to the pan and cook for 3 minutes each side. Add the margarine and paprika and cook for a further minute, brushing often with the margarine. Transfer pork to a plate, cover loosely foil and set aside for 5 minutes to rest.

3 Divide the potatoes between 2 serving plates. Top with the pork cutlets and any juices. Serve with the carrot and snow peas.

NUTRITIONAL INFO

PER SERVE 1430kJ (342Cal), protein 31g, total fat 11g (sat. fat 5g), carbs 23g, fibre 8g, sodium 205mg • Carb exchanges 1½ • GI estimate high • Gluten free • Lower carb

GFO LCO

BEETROOT & HORSERADISH BEEF BURGER

PREP 15 MINS COOK 10 MINS
SERVES 4 (AS A MAIN)

400g extra-lean beef mince
½ small red onion, grated
Freshly ground black pepper
1 tbsp olive oil
4 slices reduced-fat cheese
4 burger buns or gluten-free rolls, halved and toasted
4 tbsp horseradish cream
2 tbsp 97% fat-free or gluten-free mayonnaise
8 soft lettuce leaves

BEETROOT RELISH

100g cooked beetroot, finely chopped
2 tbsp chopped gherkins
1 tbsp finely chopped red onion

1 To make the beetroot relish; combine all the ingredients in a small bowl. Set aside.

2 To make the burgers; put the mince and onion in a bowl. Season with pepper and mix well. Divide into four balls. Use a spatula to squash each into a flat patty.

3 Brush each patty with the oil. Heat a large non-stick frying pan over medium heat. Add the patties and cook for 3 minutes each side, or until cooked through. Add a slice of cheese to each burger and either cover the pan with a lid until it melts or cook under a hot grill.

4 Spread the toasted bun halves with the horseradish mayonnaise. Top the bases with the lettuce leaves, a patty, then a spoonful of the beetroot relish. Top with the remaining bun halves and serve.

NUTRITIONAL INFO

PER SERVE 2150kJ (514Cal), protein 38g, total fat 18g (sat. fat 6g), carbs 49g, fibre 4g, sodium 1030mg • Carb exchanges 3½ • GI estimate medium • Gluten-free option

LOWER-CARB OPTION

Replace hamburger buns with 4 Macro Lower Carb Linseed & Sunflower Bread Rolls.

LOWER-CARB NUTRITIONAL INFO

PER SERVE 2370kJ (567Cal), protein 52g, total fat 30g (sat. fat 7g), carbs 15g, fibre 7g, sodium 960mg • Carb exchanges 1 • GI estimate low • Lower carb





**Beetroot &
horseradish beef
burger**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

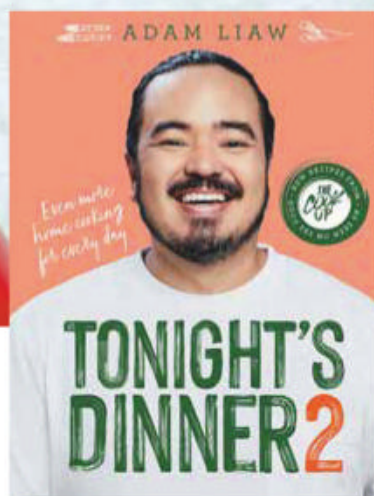


**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

• TONIGHT'S dinner

with Adam Liaw

Make magic in the kitchen tonight with this
extract from Adam Liaw's latest cookbook



Tonight's Dinner 2 by Adam
Liaw Published by Hardie
Grant, RRP \$45. Available
in stores nationally.



RATATOUILLE
Recipe, page 68



“Ratatouille is one of my favourite things to cook, largely because it’s so incredibly versatile. You can have it at room temperature, warm or chilled. You can have it as a side dish, a main course on its own, or with bread, pasta or grilled fish or meats. In Provence it’s a classic accompaniment for tuna, whether grilled or even tinned.”

ADAM'S TIPS

Dutch-process cocoa powder provides a richer, darker colour than ordinary cocoa powder, but you can use any cocoa powder you like.

I like to add a little vegetable oil to keep the peanut butter quite liquid, but if you prefer a chunkier and thicker peanut butter, just leave it out. If you can afford one, a high-speed blender is a worthwhile investment.

It will allow you to produce perfectly smooth soups, sauces, pastes and butters just like this one. You can still make this peanut butter in a regular blender or food processor, but it might not be quite as smooth.



CHOCOLATE PEANUT BUTTER

PREP 10 MINUTES **MAKES** 1 CUP

2 cups (320g) roasted unsalted peanuts, shelled and de-skinned
1 tbsp Dutch-process cocoa powder (see tips)
1 tbsp caster sugar or honey
2 tsp vegetable oil (see tips)

1 Place the peanuts in a high-speed blender and blend for 5 minutes, until you have a smooth paste. It will start off as peanuts, then become fine crumbs, then a dough - and then if you keep blending, the dough will break down to a 'butter'.

2 Add the cocoa, sugar and vegetable oil and blend to a very smooth butter.

3 Store your peanut butter in an airtight container at room temperature. It should keep in the pantry for months.

Nutritional info

PER SERVE (½tbsp serve) 332kJ (79Cal), **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 2g, **fibre** 1g, **sodium** 0mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**



book extract

Chicken and leek
Recipe, page 66

ADAM'S TIPS

Many of us have a fear of using oil because we're concerned about fat. But woks (and frying pans for that matter) need oil to function properly. You're adding it for the wok, not the dish. Most of the oil will stay in the wok and on the plate anyway.

Any stir-fry will usually have at least one good source of umami (savoury taste) added. It may be in the form of soy sauce, oyster sauce, fish sauce, chicken stock, Shaoxing wine, salted black beans, yellow beans, fermented bean pastes, vinegar, pickles - or any combination of these.

CHICKEN AND LEEK

PREP 10 MINUTES **MARINATE** 5 MINUTES

COOK 10 MINUTES **SERVES** 4

400g boneless, skinless chicken thighs, cut into 3–4 cm pieces

3 tbsp vegetable oil, plus extra if needed

2 slices fresh ginger, bruised

3 garlic cloves, chopped

2 large leeks, white and light green bits only, halved lengthways, then cut into 2 cm lengths

1 tbsp concentrated chicken stock, or soy sauce

a pinch of sugar

1 tbsp Shaoxing wine

1 tsp cornflour, mixed with $\frac{1}{4}$ cup (60ml) cold water

CHICKEN MARINADE

1 tbsp cornflour

1 tsp soy sauce

1 tsp Shaoxing wine

$\frac{1}{2}$ tsp sugar

1 Combine the chicken with the marinade ingredients and set aside for 5 minutes.

2 Heat a wok over a high heat until very hot, then add the oil. Fry the chicken in two batches, until browned on the outside. When you first add the chicken to the wok, let it sit without stirring for about 3 minutes to brown at least one side, then toss the wok and cook for a further minute until the chicken is nearly cooked through; the chicken doesn't need to be browned all over. Remove from the wok and set aside.

3 Return the wok to the heat and add a little more oil if needed. Fry the ginger and garlic for a minute or two, until fragrant. Add the leek and toss until it starts to soften. Return the chicken to the wok with any of the juices collected and toss.

4 Add the stock, sugar and Shaoxing wine and toss again. Thicken the sauce with a little cornflour slurry and serve.

Nutritional info

PER SERVE 1240kJ (296Cal), **protein** 21g, **total fat** 19g (sat. fat 3g), **carbs** 8g, **fibre** 4g, **sodium** 100mg • **Carb exchanges** $\frac{1}{2}$ • **GI estimate** low • **Lower carb**

MUSHROOMS ON PARMESAN TOAST

PREP 10 MINUTES **COOK** 10 MINUTES **SERVES** 2

200g brown button mushrooms, sliced

2 large portobello mushrooms, sliced

25g butter, softened, plus extra for the bread

1 garlic clove, sliced

2 thyme sprigs

1 tbsp brandy or cognac (optional)

2 tbsp sour cream

2 thick slices sourdough

$\frac{1}{4}$ cup (25g) finely grated parmesan

1 tbsp finely shredded parsley

ROCKET SALAD

1 tbsp olive oil

$\frac{1}{2}$ tsp dijon mustard

2 tsp white-wine vinegar

3 cups (105g) baby rocket leaves

1 For the salad, mix the olive oil, mustard and vinegar together, then toss through the rocket leaves.

2 Microwave the mushrooms for 3 minutes (see tip). Heat a medium frying pan over a high heat, add the butter and fry the mushrooms, garlic and thyme for about 5 minutes, until well browned. Stir in the brandy (if using) and sour cream. Fry for a further minute or two, until the mushrooms are coated and saucy.

3 Spread the sourdough slices with butter and top with the parmesan, pressing it gently onto the bread. Heat a small frying pan over a medium heat and fry the bread, parmesan side down, for about 3 minutes, until the parmesan is crisp. You only need to cook one side.

4 Transfer the parmesan toasts to serving plates. Top with the mushroom mixture, scatter with the parsley and serve with the salad on the side.

Nutritional info

PER SERVE 2040kJ (488Cal), **protein** 16g, **total fat** 36g (sat. fat 18g), **carbs** 21g, **fibre** 6g, **sodium** 450mg • **Carb exchanges** $1\frac{1}{2}$ • **GI estimate** low • **Lower carb**

ADAM'S TIPS

Microwaving mushrooms before frying both speeds up cooking, and collapses the air spaces in the mushrooms that usually suck up all the oil in the pan when you fry them raw. The cell walls of mushrooms are made from chitin, a strong polysaccharide that is similar to cellulose (fibre).

It doesn't break down easily, which is why mushrooms hold their shape when cooked instead of breaking down to mush (pun intended).

HEALTH TIP

To reduce the total fat and saturated fat content of this meal swap butter for light margarine.

RATATOUILLE

PREP 20 MINUTES **COOK** 40 MINUTES **SERVES** 8

700ml tomato passata

1 bouquet garni (made with sprigs of parsley, thyme, rosemary and bay leaves)

2 large eggplants

4 zucchini

1 red capsicum

1 yellow capsicum

2 brown onions

4 garlic cloves

$\frac{3}{4}$ cup (190ml) olive oil

$\frac{1}{4}$ cup finely shredded parsley

1 Heat a heavy-based casserole dish over a medium heat, add the passata and bouquet garni and bring to a simmer (see tips). Partially cover with a lid and simmer for 20–30 minutes.

2 Meanwhile, cut the eggplant, zucchini, capsicums and onions into 3cm chunks, and roughly chop the garlic. Heat a frying pan (or two) over a medium heat. Add about one-third of the olive oil and fry the eggplant for about 5 minutes, until lightly browned. Remove from the pan and set aside.

3 Add a little more oil to the pan and fry the zucchini for about 5 minutes, until lightly browned, then remove from the pan. Add the remaining oil and fry the capsicum, onion and garlic for about 10 minutes, until fragrant and browned.

4 Mix the sautéed vegetables through the passata (see tips) and cook, uncovered, for a further 10 minutes.

5 Stir in the parsley and serve.

TIPS A lot of photos online (and in movies about rats) will show ratatouille baked as elegant interleaved slices of vegetables. Don't do it. It might look good, but it just doesn't taste as good. If you're not averse to it, adding a teaspoon of fish sauce or a few chopped anchovies to the tomato passata will greatly improve the flavour of your ratatouille. Trust me.

Nutritional info

PER SERVE 1200kJ (287Cal), **protein** 5g,

total fat 23g (sat. fat 3g), **carbs** 13g, **fibre** 8g,

sodium 179mg • **Carb exchanges** 1

• **GI estimate** low • **Gluten free** • **Lower carb**

FALAFEL PANCAKES

PREP 20 MINUTES **STAND** 10 MINUTES

COOK 15 MINUTES **SERVES** 4

1 cup (110g) besan
(chickpea flour)

2 tbsp olive oil, plus extra
for pan-frying

400g tinned chickpeas,
drained

1 onion, roughly
chopped

$\frac{1}{2}$ cup roughly chopped
parsley

$\frac{1}{2}$ cup roughly chopped
coriander

1 large green chilli,
chopped

2 tsp baking powder

1 tsp ground cumin

TARATOR SAUCE

$\frac{1}{2}$ cup (140g) tahini

1 garlic clove, crushed
juice of $\frac{1}{2}$ lemon

TO SERVE

2 cups (70g) rocket
leaves, lightly dressed
with olive oil

assorted Lebanese
pickles

lemon wedges

1 For the tarator sauce, whisk or blend the ingredients with $\frac{1}{2}$ cup (125ml) water to a smooth consistency.

2 Combine the besan, olive oil and 1 cup (250ml) water in a bowl and set aside for 10 minutes to hydrate. Place the chickpeas, onion, herbs, chilli, baking powder and cumin in a blender or small food processor and whiz to a coarse consistency. Add to the besan mixture and mix into a thick batter.

3 Heat a large frying pan over a medium heat and add an extra 2–3 tablespoons olive oil. Ladle in about $\frac{1}{2}$ cup (125 ml) of batter for each pancake and fry for about 3 minutes, until golden brown, then flip and fry for a further 2 minutes, until cooked through. Depending on the size of your pan, you should be able to fry a few pancakes at a time. Remove from the pan and repeat with the remaining batter.

4 Serve the pancakes with the tarator sauce, rocket, pickles and lemon wedges.

Nutritional info

PER SERVE 2380kJ (569Cal), **protein** 17g,

total fat 39g (sat. fat 5g), **carbs** 28g, **fibre** 17g,

sodium 485mg • **Carb exchanges** 2

• **GI estimate** low

HEALTH TIP

To make this recipe gluten free ensure you are using gluten-free baking powder.



ADAM'S TIP

Tarator sauce will keep in the fridge for a week, and you can also drizzle it over vegetables, or serve it with fish or grilled meats.

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

COOK'S TIPS

Keep the crêpes in an airtight container in the fridge for up to 3 days. Alternatively, on the day of making, layer leftover crêpes between pieces of baking paper and place in a resealable freezer bag. Expel any air. Label, date and freeze for up to 3 months.

Easy crêpes
Recipe, page 74

CRÊPE TOPPINGS

2 cups frozen mixed berries,
warmed to serve
500g diet vanilla yoghurt
80g pecans, slightly crushed
80g unsalted peanuts

PERFECT PANCAKES

There's a reason why pancakes are such a popular meal choice, and not just for breakfast. They provide the perfect blank canvas for a variety of toppings, both sweet and savoury.

Fluffy Japanese
pancakes
Recipe, page 74

EASY CRÊPES

PREP 5 MINS (+ 30 MINS RESTING)
COOK 20 MINS **MAKES** 8 CREPES (1 PER SERVE; AS A DESSERT)

175g plain flour
3 x 60g eggs
450ml skim milk

1 Weigh the flour into a large jug or bowl. Crack in the eggs and add half the milk. Whisk to a smooth, thick batter. Add the remaining milk and whisk again. Set aside for at least 30 minutes.

2 Spray a large non-stick crêpe pan or non-stick frying pan with cooking spray. Heat over medium heat. When the pan is hot, add enough batter to just cover the surface, swirling it and pouring any excess back into the bowl. The pancake should be as thin as possible. When the edges are peeling away from the sides of the pan, shake it to see if the pancake easily releases and is browning on the underside. If not, cook a little longer. Flip and cook the other side for a minute or two. Transfer to a plate lined with a clean tea towel. Cover to keep warm. Repeat with the remaining batter, making 8 crepes in total.

3 Serve each crêpe topped with ¼ cup warm mixed berries, ¼ cup yoghurt, and 10g each of pecans and peanuts.

NUTRITIONAL INFO

PER SERVE 1260kJ (300Cal),
protein 13g, **total fat** 15g (sat. fat 2g), **carbs** 26g, **fibre** 3g, **sodium** 90mg • **Carb exchanges** 1½ • **GI estimate** medium

FLUFFY JAPANESE PANCAKES

PREP 10 MINS **COOK** 50 MINS
SERVES 6 (AS A DESSERT)

150g (1 cup) self-raising flour
½ tsp baking powder

2 tbsp caster sugar
2 x 60g eggs
1 tbsp olive oil
185ml (¾ cup) skim milk
½ tsp vanilla extract
3 tbsp sugar-free maple syrup

1 Sift the flour and baking powder into a large bowl and stir in the sugar. Make a well in the centre and add the eggs and oil. Stir into the flour. Gradually add the milk and use a whisk to beat the liquid in. You can also put all the ingredients in a blender and blend until well combined. Stir in the vanilla. This batter is best used quickly.

2 Put a large non-stick frying pan over low heat. Put one or two non-stick crumpet rings (about 3.5 cm high) in the pan. Spray the pan lightly with cooking spray and the inside of the rings too. Fill them no more than ¾ full with batter then cover the pan with a lid and cook the pancakes for about 10 mins on a very low heat. By this time the top of the pancake should be covered in little bubbles and look dry around the edges.

3 Very carefully turn the pancakes over. You can do this by lifting each pancake in its ring onto the lid and then inverting the pan over them before turning the whole thing back over and taking off the lid. Cook for another 1-2 minutes. Transfer to a plate and cover loosely with a clean tea towel to keep warm. Repeat with the remaining batter. To serve, drizzle with maple syrup.

NUTRITIONAL INFO

PER SERVE 740kJ (177Cal),
protein 6g, **total fat** 5g (sat. fat 1g),
carbs 26g, **fibre** 1g, **sodium** 254mg • **Carb exchanges** 1½ • **GI estimate** high

SOURDOUGH PANCAKES

PREP 20 MINS **COOK** 30 MINS
MAKES 8 PANCAKES (1 PER SERVE; AS A BREAKFAST)

200g (1⅓ cups) self-raising flour
1 tbsp caster sugar
1 tsp baking powder
200g sourdough starter (active or the excess you'd throw away)
2 x 60g eggs
250ml (1 cup) milk
50g light margarine, melted
4 tbsp sugar-free maple syrup, to serve
4 cups frozen mixed berries, warmed, to serve
800g YoPro vanilla yoghurt, to serve

1 Put the flour, sugar, baking powder, starter, eggs and milk in a large bowl. Whisk well until you have a thick, smooth batter. Whisk in the melted margarine.

2 Spray a large non-stick frying pan with cooking spray and heat over medium heat. Pour or ladle the batter into the pan, cooking about 3 pancakes at once in the pan, allowing plenty of space in between.

3 Cook the pancakes until bubbles start to form on the surface, then flip over and cook the other side for 1-2 minutes or until cooked through. Place on a plate and wrap in a clean tea towel to keep warm. Repeat with the remaining oil and and batter, making 8 pancakes.

4 Serve each pancake topped with ½ cup warm mixed berries, 100g yoghurt and ½ tbsp drizzle of maple syrup.

NUTRITIONAL INFO

PER SERVE 1220kJ (290Cal),
protein 18g, **total fat** 5g (sat. fat 2g), **carbs** 41g, **fibre** 3g, **sodium** 326mg • **Carb exchanges** 2½ • **GI estimate** medium

Sourdough
pancakes
Recipe, opposite



dessert



Cherry berry frozen yoghurt

You'll be tickled pink over this berried treasure – it's a bit of a smoothie.

Recipe, page 84

NUTRITIONAL INFO

PER SERVE 263kJ (63Cal),
protein 3g, **total fat** 0g (sat.
fat 0g), **carbs** 9g, **fibre** 2g,
sodium 36mg • **Carb**
exchanges ½ • **GI estimate**
low • **Gluten free** • **Lower**
carb

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

THE BIG chill

Treat everyone to this ice spectacular – it's filled with frozen delights!



PINE IS DIVINE **AND LIME IS SUBLIME...** **ESPECIALLY WHEN** **PAIRED AS FROSTY** **FRUITS**

Pine lime crush

If you're after a zest fest, these tropical gems will go down a treat.

Recipe, page 84

NUTRITIONAL INFO

PER SERVE 278kJ (67Cal),
protein 1g, **total fat** 0g
(sat. fat 0g), **carbs** 14g,
fibre 2g, **sodium** 3mg •
Carb exchanges 1 • **GI**
estimate low • **Gluten**
free • **Lower carb**

PER SERVE (with sugar
substitute) 219kJ (52Cal),
protein 1g, **total fat** 0g
(sat. fat 0g), **carbs** 10g,
fibre 2g, **sodium** 4mg •
Carb exchanges ½ • **GI**
estimate low • **Gluten**
free • **Lower carb**

GOOD FOR YOU

'As the weather heats up, staying hydrated is important, particularly when you have diabetes,' says dietitian Dr Kate Marsh. 'These low-kJ iceblocks are a great way to keep you cool without sending your BGLs soaring along with the temperature.'

Fruity ginger iceblocks

Have a blast with these little rockets – there's a big berry burst in every bite!

Recipe, page 84

NUTRITIONAL INFO

PER SERVE 98kJ (23Cal),
protein 0g, **total fat** 0g
(sat. fat 0g), **carbs** 4g,
fibre 2g, **sodium** 7mg •
Carb exchanges ½ • **GI**
estimate low • **Gluten**
free • **Lower carb**

**Mango & passionfruit
yoghurt pops**

If you're mad about
mangoes and have a
passion for a certain fruit,
you'll go troppo over these!

Recipe, page 84

NUTRITIONAL INFO

PER SERVE 412kJ (99Cal),
protein 4g, **total fat** 1g (sat.
fat 1g), **carbs** 16g, **fibre** 3g,
sodium 60mg • **Carb**
exchanges 1 • **GI estimate**
low • **Gluten free**

NUTRITIONAL INFO

PER SERVE 324kJ (78Cal),
protein 1g, **total fat** 3g (sat.
fat 2g), **carbs** 13g, **fibre** 0g,
sodium 12mg • **Carb**
exchanges 1 • **GI estimate**
high • **Gluten free**



Lychee & coconut snow

Just three magic goodies create
this cool customer. Let it snow,
let it snow!

Recipe, page 85



WANT THE SCOOP?

THERE'S A SPICY ELEMENT TO THIS SWEET AFFAIR

Peach & honey frozen yoghurt

Dessert's looking
very peachy over
summer. Catch 'em
while you can!

Recipe, page 85

NUTRITIONAL INFO

PER SERVE 692kJ (166Cal),
protein 8g, **total fat** 2g (sat.
fat 1g), **carbs** 25g, **fibre** 4g,
sodium 113mg • **Carb**
exchanges 1½ • **GI estimate**
low • **Gluten free**

Choc banana pops

Put these on your ice bucket list – they're the real deal on a stick.

Recipe, page 85

NUTRITIONAL INFO

PER SERVE 332kJ (79Cal),
protein 4g, **total fat** 1g (sat. fat 0g), **carbs** 13g, **fibre** 1g,
sodium 39mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**



GF LC F

CHERRY BERRY FROZEN YOGHURT

PREP 5 MINS (+ 4 HOURS FREEZING) **SERVES** 6 (AS A DESSERT)

210g (1½ cups) frozen pitted cherries
180g (1½ cups) frozen raspberries
390g (1½ cups) diet vanilla yoghurt or low-fat vanilla yoghurt

1 Put the cherries, raspberries and yoghurt in a food processor. Cover and process until smooth and well combined.

2 Spoon the mixture into a shallow freezer-proof dish. Cover with a lid or plastic wrap and freeze for 3-4 hours or until just frozen (depending on your desired consistency).

3 Remove the mixture from the freezer and stand for 15 minutes before serving, to soften slightly. Scoop into bowls and serve.

COOK'S TIP

You can freeze the yoghurt for longer, or even overnight, if you wish.



GF LC F

PINE LIME CRUSH

PREP 10 MINS (+ 14 HOURS FREEZING AND 15 MINS STANDING) **SERVES** 8 (AS A DESSERT)

1 large pineapple
60ml (¼ cup) fresh lime juice
2 tbsp caster sugar or granulated sugar substitute
250ml (1 cup) water
Finely grated zest of 1 lime

1 Peel the pineapple. Cut out core and discard. Roughly chop the flesh. Put the pineapple, lime juice and sugar in a food processor. Process until smooth.

2 Pour the mixture through a fine sieve into a large, shallow freezer-proof dish, using the back of a spoon to press out liquid. Pour the water over the pineapple pulp in the sieve, to get extra flavour in the mixture. Stir the lime zest into the pineapple mixture. Cover with a lid or plastic wrap and freeze for 6-8 hours or until completely frozen.

3 Remove the pineapple mixture from the freezer and stand for 15 minutes, to soften slightly. Using a fork, break mixture into pieces. Return to the food processor and process until smooth. Return mixture to the dish and smooth the surface. Refreeze for 4-6 hours or until frozen.

4 Remove the mixture from freezer and stand for 15 minutes before serving, to soften slightly. Scoop into chilled glasses and serve.



GF LC F

FRUITY GINGER ICEBLOCKS

PREP 5 MINS (+ 8 HOURS FREEZING)

MAKES 6 (1 PER SERVE; AS A DESSERT)

125g punnet raspberries
125g punnet blueberries
6 strawberries, chopped
250ml (1 cup) prepared Buderim Ginger Refresher No Sugar Cordial

1 Layer the berries evenly in 6 x 80ml (⅓ cup) iceblock moulds.

2 Pour the cordial over the berries. Insert iceblock sticks into each mould and freeze for 6-8 hours or until frozen. Serve.



GF F

MANGO & PASSIONFRUIT YOGHURT POPS

PREP 5 MINS (+ 8 HOURS FREEZING) **MAKES** 8 (1 PER SERVE; AS A DESSERT)

400g ripe mango flesh (2 mangoes)
520g (2 cups) low-fat plain yoghurt
1 tbsp honey
3 large passionfruit, pulp removed

1 Put mango, yoghurt and honey in a food processor and process until smooth. Pour into a large jug. Stir in passionfruit pulp.

2 Pour mixture into 8 x 80ml (⅓ cup) iceblock moulds. Insert iceblock sticks into each mould and freeze for 6-8 hours or until frozen. Serve.



GF F

LYCHEE & COCONUT SNOW

PREP 10 MINS (PLUS 14 HOURS FREEZING

AND 15 MINS STANDING) **SERVES** 8 (AS A DESSERT)

560g can pitted lychees in syrup
250ml (1 cup) coconut water
270ml can light coconut milk

1 Drain the lychees, reserving 250ml (1 cup) of the syrup. Put the lychees and reserved syrup in a food processor. Add the coconut water and coconut milk and blend until smooth.

2 Pour the lychee mixture through a fine sieve into a shallow freezer-proof dish. Cover with a lid or plastic wrap and freeze for 6-8 hours or until completely frozen.

3 Remove the lychee mixture from the freezer and stand for 15 minutes, to soften slightly. Using a fork, break the mixture into pieces. Return to the food processor and process until smooth. Return the mixture to the dish and smooth the surface. Refreeze for 4-6 hours or until frozen.

4 Using a metal spoon, scrape the lychee mixture to create shavings. Spoon into chilled glasses and serve immediately.



GF F

PEACH & HONEY FROZEN YOGHURT

PREP 10 MINS

(+ 14 HOURS FREEZING AND 15 MINS STANDING) **SERVES** 10 (AS A DESSERT)

4 large ripe peaches
80ml (1/3 cup) honey
1kg reduced-fat Greek-style plain yoghurt
1 tsp vanilla extract
1/2 tsp ground cinnamon

1 Cut a small cross in the base of each peach and put in a large heatproof bowl. Pour over boiling water, to cover. Set aside for 5 minutes. Drain the peaches and peel skin. Cut each peach in half and remove and discard stones.

2 Put the peaches, honey, yoghurt, vanilla extract and cinnamon in a food processor and process until combined. Pour the mixture through a fine sieve into a large, shallow freezer-proof dish. Cover with plastic wrap and place in the freezer for 6-8 hours or until frozen.

3 Remove the peach mixture from the freezer and stand for 15 minutes, to soften slightly. Using a fork, break mixture into pieces. Return to food processor and process until smooth. Return the mixture to the dish and smooth the surface. Refreeze for 4-6 hours or

until frozen. (Alternatively, refrigerate the unfrozen mixture for 2 hours, then process in an ice-cream machine).

4 Remove the mixture from the freezer and stand for 15 minutes before serving, to soften slightly. Scoop into chilled bowls and serve.



GFO F

CHOC BANANA POPS

PREP 10 MINS (+ 8 HOURS FREEZING)

COOK 5 MINS **MAKES** 6 (1 PER SERVE; AS A DESSERT OR SNACK)

2 tbsp drinking chocolate or gluten-free drinking chocolate
250ml (1 cup) low-fat milk
200g (3/4 cup) diet vanilla yoghurt or low-fat vanilla yoghurt
2 ripe bananas, mashed

1 Put the drinking chocolate and milk in a small saucepan over medium heat. Cook, whisking, until the milk is warm and the mixture is well combined. Pour into a heatproof bowl and set aside for 10 minutes to cool slightly.

2 Add the yoghurt to the chocolate milk and whisk to combine. Add the banana and whisk to combine. Pour the mixture through a fine sieve into a large jug or bowl. Use the back of a spoon to press banana through the sieve, discarding any large pieces.

3 Pour the mixture evenly into 6 x 80ml (1/3 cup) ice-cream moulds. Insert ice-block sticks into each mould and freeze for 6-8 hours or until frozen.

4 To serve, rub a warm cloth over each mould to make it easier to remove the ice-cream. Serve.

KEEP YOUR COOL

To get the most out of your icy treats, here's how to store them in your freezer.

- Cherry berry frozen yoghurt, Fruity ginger iceblocks: freeze for up to 2 months.
- Pine lime crush, Lychee and

- coconut snow, Peach and honey frozen yoghurt: freeze, covered with a lid or a double layer of plastic wrap, for up to 2 months.
- Mango and passionfruit yoghurt pops, Choc banana pops: freeze for up to 3 months.

COOK, eAT, eNJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

KITCHEN TIP

Mangoes are plentiful at this time of the year, and they are one of my favourite summer snacks and desserts. Here is a quick and easy guide on how to prepare them!

STEP 1 Hold the mango on its side so one of the pointed ends is facing you, with the cheeks at either side.

STEP 2 Use a small serrated edged knife to remove one of the cheeks, guiding the knife around the stone in the middle. Turn the mango around and repeat on the other side.

STEP 3 Score the flesh in a diagonal pattern along the length of the cheek, using the tip of the knife, avoiding cutting through the skin. Turn 90 degrees and score again to make a criss-cross pattern.

STEP 4 Turn the scored mango cheek over and push on the skin with your fingers so the fleshy side pops out. Enjoy!



SECOND LUNCH

GF LC

Top 1 slice **soy & linseed bread** (or gluten-free bread) with 2 tbsp mashed **avocado**, 1/3 cup **rocket leaves**, 2 slices **canned beetroot**, 30g salt-reduced **smoked salmon** and ¼ cup **alfalfa sprouts**. Top with a second slice of bread. Cut in half and serve. Serves 1.

PER SERVE 1290kJ (309Cal), **protein** 17g, **total fat** 13g (sat. fat 2g), **carbs** 25g, **fibre** 10g, **sodium** 480mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



food bites

EAT FOR YOU

Based purely on nuts, seeds and cacao, this certified organic bar will keep you going between meals with a healthy balance of good fats, protein, fibre and carbohydrates.

Not only are they good for you, Eat For You pledges a 50% profit donation system, helping feed those who are experiencing disadvantage, so you get to help others at the same time. Try out our favourite, the chocolate and orange.

\$69.95 for 12 x 50g bars |
\$60 for 30 x 16g bites. Available online at <https://eatforyou.com.au/>

SUPERMARKET CRUSH

Drummer Boy

Whether you want to reset your temple and abstain from everything alcohol-related for a month, or cut it out completely, the hardest bit can be finding a satisfactory substitute for your favourite serve. But now – thanks to a wave of innovation by distilleries there's a whole host of authentic tasting options for when sobriety strikes. The range includes London Dry, Italian Rosso and African Dark. Available online at www.drummerboy.com, where a great selection of mocktail ideas can also be found.

RRP \$20 for 200ml bottles and \$45 for 750ml bottles.



QUICK SNACK IDEAS

GF LC

EGG & SOLDERS

Cut the top off 1 soft-boiled egg and serve with 50g trimmed green beans for dipping. Serves 1.

PER SERVE 397kJ (95Cal), **protein** 8g, **total fat** 6g (sat. fat 2g), **carbs** 2g, **fibre** 1g, **sodium** 76mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

GF LC

CORIANDER & CHILLI AVOCADO

Sprinkle ½ small avocado with a little chopped fresh chilli, 1 tablespoon chopped coriander leaves, squeeze of lemon juice and freshly ground black pepper. Serves 1.

PER SERVE 313kJ (75Cal), **protein** 1g, **total fat** 7g (sat. fat 1g), **carbs** 0g, **fibre** 4g, **sodium** 5mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

CHICKEN & SLAW PITA POCKET

Fill ½ a wholemeal pita pocket with 25g cooked skinless chicken breast fillet, ½ cup dry coleslaw mix tossed with 2 tsp 97% fat-free mayonnaise.

PER SERVE 778kJ (186Cal), **protein** 13g, **total fat** 2g (sat. fat 1g), **carbs** 27g, **fibre** 5g, **sodium** 359mg • **Carb exchanges** 2 • **GI estimate** medium

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H ₂ O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Sourdough pancakes (p74)	1 slice rye sour-dough topped with ¼ mashed avocado & a poached egg	1 cup fruit salad topped with 170g Chobani yoghurt & 20g walnuts	2 Weet-Bix topped with ¾ cup skim milk & 5 sliced strawberries
Snack	Green spirulina smoothie (p45)	1 piece of fresh fruit	Egg & soldiers (p87)	1 piece of fresh fruit
Lunch	60 second lunch recipe (p87)	Pick 'n mix your weekday lunches: 1 Choose your wholegrain carb: 2 slices grainy bread OR 1 grainy wrap. 2 Spread with either 1-2 tsp light margarine, avocado or hummus. 3 Choose a protein: 95g can salmon/tuna (in spring water) or 1-2 boiled eggs or 60g shredded chicken breast or 40g reduced-fat cheese or ½ cup ricotta or cottage cheese		
Optional snack	170g tub Chobani yoghurt	20g unsalted nuts	1 slice raisin toast spread with 1 tsp light margarine	Coriander & chilli avocado (p87)
Dinner	Barbecued lamb with cumin, lemon & garlic (p48)	Beetroot tabbouleh (p16)	Balsamic feta & mint puy lentils (p16)	Chipotle & lime prawn burrito bowls (p17)
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	½ cup diet jelly topped with 1 cup fresh mixed berries	2 plums chopped & topped with ½ cup diet yoghurt	1 piece of fresh fruit	2 fresh dates & herbal tea
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

it's easy!

menu plan



VITAMIN D

Despite Australia often being referred to as the “sunburnt country,” it is estimated that almost 1 in 4 Australian adults has a vitamin D deficiency and many are unaware of it.

THE ROLE OF VITAMIN D

Vitamin D supports calcium absorption and is essential in promoting appropriate bone growth and health. An ongoing deficiency could increase the risk of rickets in children and osteoporosis in adults.

Vitamin D is critical for maintaining a healthy immune system and metabolism. It also appears to have an impact on insulin secretion and can improve insulin resistance which in turn may assist with blood glucose management.

SOURCES OF VITAMIN D

Vitamin D is typically absorbed from direct sunlight; however, it is important to do this safely to reduce the risk of skin cancers. Lesser amounts of vitamin D can also be obtained from food sources such as eggs, margarine, oily fish and fortified foods and milks.

TOP TIP TO BOOST YOUR VITAMIN D INTAKE

Place your mushrooms in the midday sun for approximately 15 minutes, the mushrooms will absorb the vitamin D in a similar process to your skin. Store in your fridge for up to 1 week and eating three of these “Vitamin D – boosted” mushrooms a day will provide you with 100% of your recommended dietary intake (RDI)!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
1 slice rye sourdough topped with sliced tomato & 40g reduced-fat cheese	1 slice rye sourdough topped with ½ cup warm reduced-salt baked beans	1 cup fruit salad topped with 170g Chobani yoghurt & 20g walnuts
1 piece of fresh fruit	1 multigrain corn thin topped with sliced tomato & 20g reduced fat cheese	Egg & soldiers (p87)
4 Bulk it out with plenty of low-starch veg: rocket/spinach/tomato/cucumber/grated carrot/snow peas/ etc. 5 Serve fresh or lightly toasted. Enjoy! Serve with a glass of water.		1-2 cups mixed salad topped with 70g Edgell Snacktime Chickpeas, ¼ small avocado & a squeeze of lemon juice.
170g tub Chobani yoghurt	1 piece of fresh fruit	1 piece of fresh fruit
Vegie vermicelli (p18)	Ham, cheese & pear salad (p19)	Barbecued bream with green shallots, lemon & chilli (p52)
have a couple of alcohol-free days a week.		
1 fresh peach sliced with 1 scoop low fat vanilla ice cream	1 cup frozen mixed berries (warmed) with ½ cup diet yoghurt	1 cup skim milk with 1 tsp 30% less sugar milo
Always discuss your exercise plans with your doctor first.		

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Nutritional info

PER SERVE 2150kJ (514Cal), **protein** 38g, **total fat** 18g (sat. fat 6g), **carbs** 49g, **fibre** 4g, **sodium** 1030mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Beetroot & horseradish beef burger

Recipe, page 62

Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*“Get up, get out,
get moving!
Embrace the
new year and
enjoy life.”*

PHOTOGRAPHY GETTY IMAGES

CONVENIENCE meals



MADE EASY

Is dinnertime getting you down? Dietitian Hannah Porter from the Baker Heart and Diabetes Institute has some suggestions that are healthy and stress-free.

With so many of us time poor, wanting to eat healthier and just plain frustrated by having to come up with ideas for what to cook for dinner each night, many of us are turning to convenience meals and meal replacements to ease the pressure.

As a result, we've seen a huge increase in both the number and variety of meal replacements, ready-made meals and meal delivery services on offer to support people looking for more convenient options.

For people living with diabetes, however, there are a few important things to consider before reaching for one of those pre-packed meals, selecting a box of shake meal replacements from your chemist's shelf, or ordering a weekly drop of meal kits online. The good news is, there are some great options out there.

Here are some things to consider about convenience meals and tips to ensure you're choosing the right option for you. ➤





MEAL REPLACEMENTS

Meal replacements include formulated shakes, soups, desserts and bars, each of which have been specifically designed to replace meals. They are low in calories and assist with weight loss, yet are still designed to contain the vital nutrients needed for health.

While in general it can be quite safe to replace one meal a day with a meal replacement, for those living with diabetes, it's important to talk to your diabetes team before replacing meals with these products, as certain medications may need to be adjusted.

Given there are so many options available at chemists, supermarkets and online, it can be challenging knowing which are most beneficial, and how you can best incorporate these meal replacements into your day.

Many options are low in energy and carbohydrates, which can help with weight loss but may leave you feeling unsatisfied. Labelling can also be confusing and some products are high in sugar and others not nutritionally complete.

At our Baker Heart and Diabetes Institute diabetes and weight

management clinics, we recommend Optifast, Optislim and Formulite to our clients. These brands are all nutritionally complete, containing all the essential vitamins and minerals required for a healthy diet, so are great options as you don't need to take any additional supplements.

Formulite is an Australian brand that is an excellent option for people with lactose intolerance and it's low in carbs so a great option for those who struggle to go into ketosis.

To help make meal replacement products more satisfying, more filling and tastier, you could add konjac noodles, including brands like Slendier, to soups, or pour soups over non-starchy frozen or fresh vegetables. You could blend frozen berries into the shakes to add extra sweetness or even try adding flavour essences to shakes and desserts, or herbs and spices to soups. Using ice cubes or extra water in shakes adds to their volume, or you could blend in extra non-starchy vegetables to your soups, including cauliflower, broccoli, spinach or capsicum.

PROS

- ✓ Several different flavours and products available, with ranges growing.
- ✓ No mealtime decisions to make.
- ✓ Take very little time to prepare.
- ✓ Can be convenient for those on the go, particularly the very low energy diet bars.
- ✓ Assist with weight loss as they are kilojoule controlled.
- ✓ Generally affordable compared to purchasing a whole meal.

CONS

- ✗ Diabetes medications may need to be adjusted prior to and while using the products.
- ✗ For some people, taste and texture of the products are a turn off.
- ✗ Most products contain dairy or are dairy-based.
- ✗ Some products are high in sugar or not nutritionally complete.
- ✗ May not feel full with the meal replacement.

READY-MADE MEALS

If you're looking for a quick meal option, one that you can simply throw together or one that's already pre-made, there are several options from both the supermarket and online.

You should aim for options with good vegetable content, ideally with at least half of the meal being made up of vegetables. Aim for at least 2.5 serves of vegetables per meal, which is about 1½ cups of cooked vegetables. You can add extra steamed vegetables to make these meals more filling, using either fresh or frozen vegetables.

When looking for a frozen or ready-made meal, aim to choose those that contain less than 1700kj per serve, that have 30-40g of low-glycaemic index carbohydrates per serve, contain less than 2g of saturated fat per 100g, and less than 400mg of sodium per 100g.

Always check out the nutrition panels for accurate information but you can find some good options among the following ranges:

- Coles Perform Lean range
- Dineamic
- Fitness Outcomes Low Carb range
- Lean Cuisine
- Super Nature frozen meals
- My Muscle Chef
- Weight Watchers

- La Zuppa soups
- Fast Fuel meals
- Be Fit Food

For an easy throw-together meal, here are some good options, available from Coles or Woolworths supermarkets:

TUNA PASTA: small tin of tuna, Vetta smart microwave pasta, steam fresh veggies mix and 30g low-fat feta cheese.

OMELETTE: eggs, spinach, cherry tomatoes, 30g of low-fat cheese and a slice of wholegrain toast or sourdough.

VEGGIE PITAS: Falafel/lentil bites (try Wildly Good), lettuce mix, 3 tablespoons of hummus and wholemeal pita.

FRIED RICE: Primo turkey breast, boiled eggs, microwave rice cup (basmati or clever rice), frozen peas, frozen carrots and corn, soy sauce.

SMOOTHIE: 1 cup of low-fat milk, 2 tablespoons of yoghurt, a frozen banana, handful of spinach and 1 tablespoon of peanut butter or ¼ of an avocado.

NOURISH BOWL: 1 packet of pre-mixed salad, a tin of Edgell snack time chickpeas, boiled egg or small tin of salmon and microwave cup of mixed quinoa rice (Sunrice supergrains).

5-MINUTE PLATTER: ½ cup of low-fat ricotta, 4-6 Vita Weats, quarter of an avocado, pre-chopped veggie sticks, baby cucumbers, snow peas and cherry tomatoes.

FISH, ROSEMARY POTATOES AND SALAD: Hoki frozen fillets (Sealord), pre-chopped roast potatoes and a pre-mixed salad.



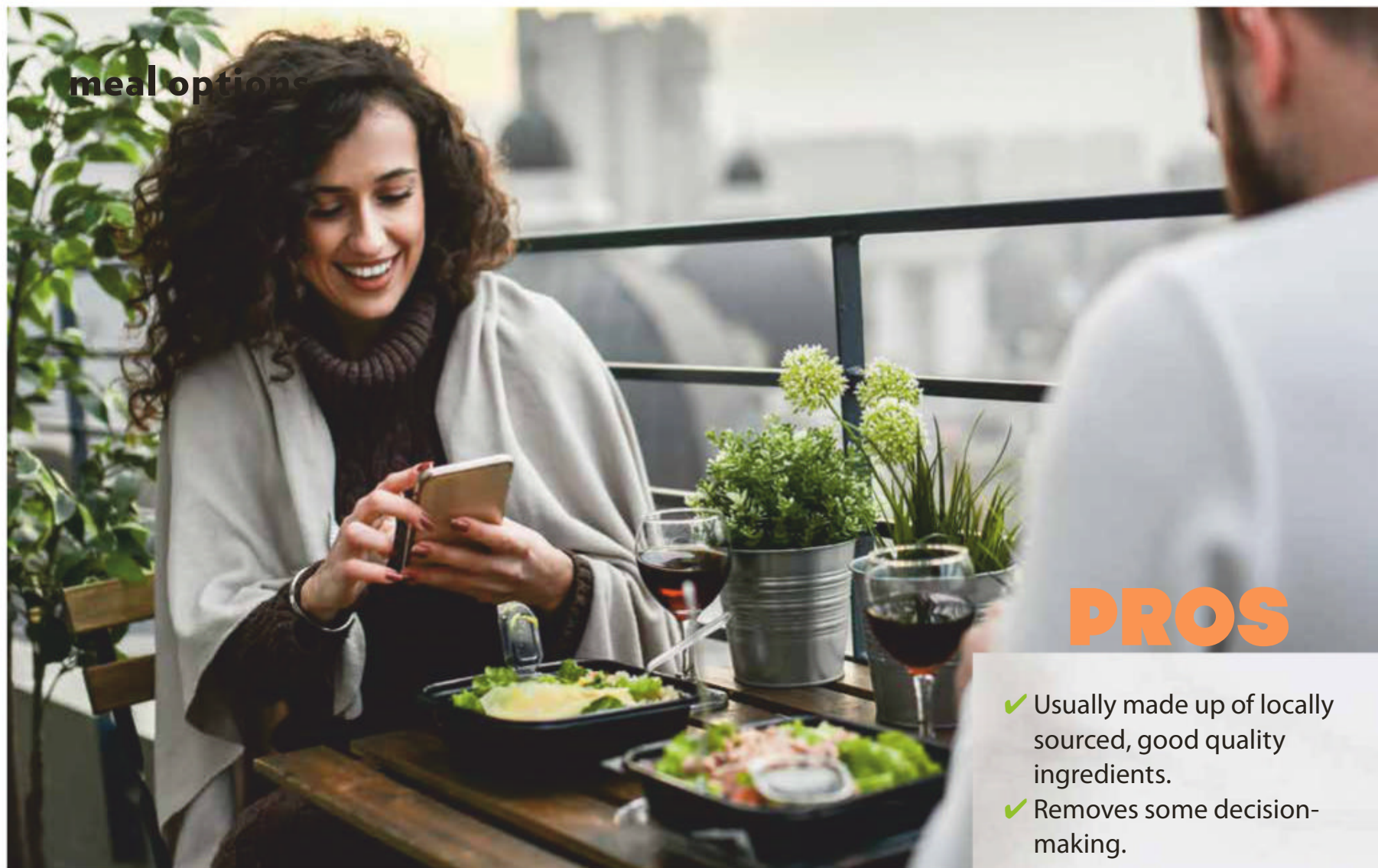
PROS

- ✓ Quick and easy to prepare.
- ✓ Lots of variety.
- ✓ Assist with weight loss as they are portion-controlled.
- ✓ Available either from supermarket or online, making them convenient.
- ✓ Reduced time spent shopping and therefore fewer temptations.
- ✓ Affordable.

CONS

- ✗ Labelling can be misleading, or products may require you to look online for their nutritional information.
- ✗ Portion-controlled meals may not fill you up.
- ✗ Insufficient vegetable content.
- ✗ Can be confusing knowing which products are the best to choose from, depending on your health goals.

meal options



PROS

- ✓ Usually made up of locally sourced, good quality ingredients.
- ✓ Removes some decision-making.
- ✓ Menus change on a regular basis and there's lots to choose from.
- ✓ Reduces frequency of supermarket visits, saving you time and reduces impulse buying.
- ✓ Lots of options for individual health goals: i.e., gluten free, diabetes-friendly, low carb, low saturated fat.
- ✓ Reduced food waste as only getting ingredients for foods that you will use.

CONS

- ✗ Can be expensive.
- ✗ Still takes time to prepare and some cooking skills may be needed to prepare the meals.
- ✗ Must decide in advance what recipes to have for the week.
- ✗ Some options may be high in saturated fat, sodium and low in vegetable content.

MEAL KIT DELIVERY SERVICES

Another popular and growing convenience option is a meal kit delivery service. These services allow you to choose from a range of recipes, then the required ingredients are delivered to your home. You then have to prepare the meal, but the shopping is done for you, saving you time and energy, and the portion sizes are controlled.

These kits can be a great starting point for those who want to improve their cooking skills, or those who enjoy making meals but want to reduce time, waste and temptation that can be associated with going to the supermarket.

When selecting a service provider, choose one that has a good selection of recipes that have clear nutritional information. It's easy to be fooled into thinking you're eating well but the addition of a sauce or dressing can quickly increase sugar or fat content.

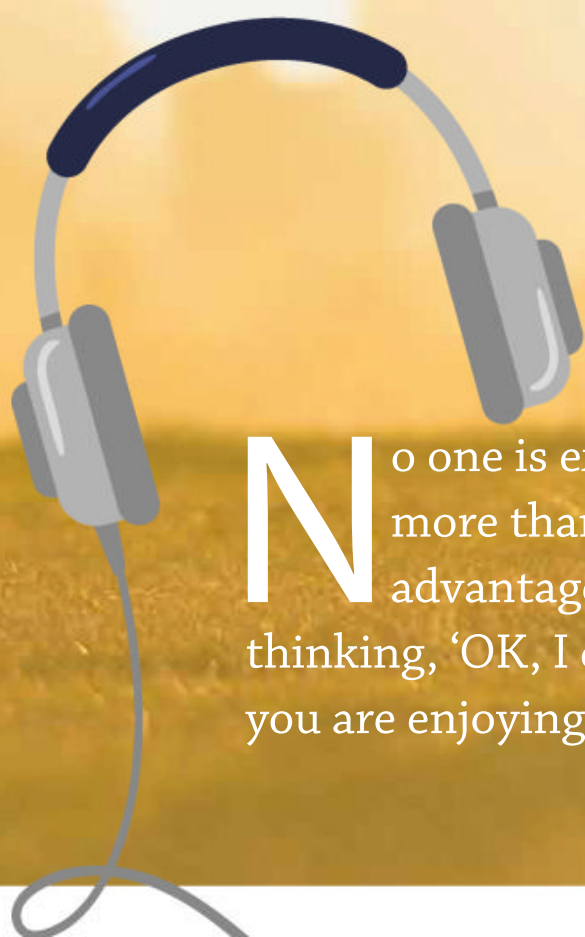
When selecting recipes, choose options that are high in vegetable content, with at least half a plate or the equivalent of 2 cups of vegetables in the meal. Aim for recipes that include wholegrains and low in salt and saturated fat.

You could even order the ingredients for two people but share the meal between more diners, bulking out the meal with a packet of fresh or frozen veggies or a pre-packed leafy salad.

As you can see, convenience meals don't just have to be unhealthy time-savers. They can also be nutritionally sound, can be adapted to accommodate your dietary needs and can work for people living with diabetes. For further information about convenience meals, visit baker.edu.au/health-hub/fact-sheets/convenience-meals ■

JUST One THING

Dr Michael Mosley's new book is all about quick and simple scientifically proven ways to improve health and wellbeing in a sustainable way. In this extract he discusses the power of a morning walk.



No one is expecting you to do all the “things” in the book, or even more than one! Just pick and choose what works for you. The advantage of aiming for bite-sized goals is that they will get you thinking, ‘OK, I could manage that’, and then, hopefully, you might find you are enjoying the activity and end up tagging it on to your life.

EARLY-MORNING WALK

HOW TO DO IT: head out for a brisk walk within two hours of waking up each morning.

I've saved the best Just One Thing for last in this section – taking an early-morning walk. This is something that I swear by – it is surprisingly life-changing. Believe it or not, getting out and about first thing – within an hour or two of getting up – can improve your sleep, boost your mood, increase your fitness and cut your risk of heart disease and diabetes.

I love morning walks. Even when it is cold and wet, I still set off with boots and a brolly. Heading out early (ideally within two hours of waking up) means you get the health benefits not only of the exercise, but also of exposure to natural light. And if you go for your walk in a green space, like a wood or a park, even better. Best of all, take a dog. Both of you will really appreciate it.

The first thing that I notice, when I step outside with our dog, Tari, excitedly yapping at my heels, is just how bright it is. Light levels outdoors are at least 10 times brighter than inside your house, and when this light hits sensors at the back of your eyes, this sends messages to a part of your brain called the pituitary gland, ordering it to stop producing the hormone melatonin. Melatonin is known as 'the hormone of darkness' because rising levels, in the evening, help put you to sleep at night.

As well as waking you up, bright outdoor light helps reset your internal body clock, which in turn helps to regulate hunger, mood, body temperature and all sorts of other important bodily processes. This resetting of the internal clock also means that at the other end of the day, when you head for bed, you are ready to sleep.

Research shows that the earlier your exposure to bright light, the greater the impact on your quality, and quantity, of sleep. In a study carried out in 2017, office workers were asked to wear light-measuring devices for one week in summer, and then again in winter. They also kept a record of their sleep and filled in questionnaires about their mood.

The researchers found that people who were exposed to the most light during the morning hours fell asleep faster and had fewer sleep disturbances during the night. They were also less likely to report feelings of depression and stress.

A short morning walk can be a great way to boost your mood if, like me and many other people, you suffer from seasonal affective disorder (SAD), also known as the winter blues. During the long winter months, we tend to spend more time indoors and are therefore exposed to



far less daylight, which can throw our circadian rhythms out of sync. Exposure to bright daylight also triggers the release of a neurotransmitter called serotonin, a natural mood-booster that is lower in people with SAD.

Ideally, you need to be outside for 30 minutes to get the full benefits. If you don't have the time for that long a walk, or you live somewhere that has dark and gloomy mornings, you could invest in a SAD lamp, a screen that produces at least 10,000 lux of light (typical indoor lighting is more like 200 lux). I use mine in winter and prop it up beside me while I am having breakfast or working on the computer.

If you can, however, do try and fit in a morning walk. As well as exposing you to lots of light, any walk – short, long, fast or slow – will strengthen muscles and bones, reduce joint and muscular pain, burn a few calories and increase energy levels.

And if you want to supercharge your daily walk, just speed it up to the sort of pace you'd use if you were in a hurry to get somewhere. A brisk walk means aiming to be doing around 100 paces a minute, which you will find easier to achieve if you listen to music with a suitable beat (see box opposite). You could even fit in another Just One Thing by singing along to it.

Not only does brisk walking increase your fitness, compared to a more leisurely dawdle, it might even extend your life. A 2018 study by the University of Ulster looked at the walking habits of 50,000 people and found that those who regularly went on brisk walks were 24 per cent less likely to die over the time period being studied compared to those who reported walking slowly.

Brisk walking increases your heart rate, placing a greater demand on your cardiovascular system, thereby maintaining cardio fitness and helping to lower blood pressure. Which is why brisk walkers have a 21 per cent lower risk of death from heart disease than their more sedentary friends.

If a 30-minute walk is unrealistic, try dividing your walking time into three 10-minute chunks. This will not only break up the time you spend sitting, but also give your metabolism a mini-boost, keeping it elevated throughout the day.

BEFORE OR AFTER BREAKFAST?

To be honest, this is very much down to what works for you. If you eat breakfast, then a brisk walk afterwards will help burn off some of the sugar and fat that would otherwise be running round your system. On the other hand, a fasting walk (i.e. walking on an empty stomach) could help nudge you into fat-burning mode. ■

GET WITH THE BEAT

A brisk walk means doing around 100 paces, or 'beats', per minute. If you have a music-streaming service you can search for 100bpm tracks to create your own walking playlist, but try these popular classics for starters:

Beyoncé – Crazy in Love

Shakira – Hips Don't Lie

Lynyrd Skynyrd – Sweet Home Alabama

KT Tunstall – Suddenly I See

Maroon 5 – She Will Be Loved

Stevie Wonder – Superstition

ABBA – Dancing Queen

Imagine Dragons – On Top of the World

U2 – I Still Haven't Found What I'm Looking For

Prince – Let's Go Crazy

Tears for Fears – Shout

Wilson Phillips – Hold On



Just One Thing by Dr Michael Mosley. Published by Hachette Australia, RRP \$34.99. Available in stores nationally.



Understanding carbs is an important part of managing your diabetes. But with so much conflicting information about diabetes, sugar and carbs, it can be confusing. If you want to understand more about carbs and how they fit into your own eating and diabetes management plan, read on as *DL* mag dietitian **Dr Kate Marsh** answers common carb questions.

CONFUSED ABOUT carbs?

What exactly are carbs?

Carbohydrate is found in the foods we eat in the form of starches and sugars – both added sugars and the naturally occurring sugars in fruit and dairy foods. This includes the following foods:

- ◆ Breads, crispbreads and breakfast cereals
- ◆ Pasta, rice and grains such as quinoa, barley, couscous and freekeh
- ◆ Legumes (lentils, chickpeas, and dried beans)
- ◆ Starchy vegetables (e.g. potato, sweet potato and corn)
- ◆ Fruits, dried fruits and fruit juices
- ◆ Dairy foods, including milk, yoghurt, ice-cream and custard
- ◆ Dairy alternatives including soy, oat and rice milk
- ◆ Snack foods such as biscuits, cakes, lollies, chocolate, chips and popcorn
- ◆ Sweeteners such as sugar, glucose, honey, maple syrup, rice syrup and agave nectar
- ◆ Sugar-containing drinks including soft drinks, cordials and energy drinks

And why do we need to eat carbs?

Firstly, carbohydrate is an important fuel source. When you eat carbs, either in the form of starches or sugars, they break down to glucose, which is absorbed into your bloodstream. Insulin then takes glucose from the bloodstream into your muscles and cells to use for energy. You may find that cutting out carbs can lead to poor energy levels and fatigue, and can make exercise difficult.

Many carbohydrate-containing foods also provide important health benefits. These include fruits, vegetables, wholegrains and legumes.

If carbs break down to glucose, then wouldn't it be better to avoid them if I have diabetes?

While some people suggest avoiding carbs, this is neither necessary, nor the best way to manage your diabetes.

There are certainly some carbs that are best avoided for health and weight management, particularly nutrient-poor highly processed carb foods containing refined grains and added sugars. However, cutting out nutrient-dense carbohydrate foods such as wholegrains, fruit, vegetables and legumes, is unnecessary for diabetes management, can lead to nutrient deficiencies and may increase the risk of other chronic diseases.

Rather than cutting out carbs it is better to be choosy about which carbs you eat. ►

YOUR QUESTIONS ANSWERED

But don't low-carb diets help with diabetes management?

Any diet that helps you to lose weight is likely to lower blood glucose levels by helping your insulin to work better. Low-carb diets are no exception and there is certainly some evidence to show that low-carb diets (including very low-carb diets) can help with improving blood glucose levels and blood fats, and reducing medication needs in people with type 2 diabetes. But other diets, including Mediterranean and low-fat vegetarian diets, have shown similar benefits. We also don't know the long-term effect of a very low-carb diet, and they can be hard to sustain.

It is likely that most of the benefits of going low-carb come from eliminating the less healthy refined grains and added sugars from your diet, rather than going low-carb per se.

Then, why do so many people promote a low-carb diet for diabetes?

Those in favour of low-carb diets for diabetes say that cutting carbs is the answer because these are the foods that directly affect our blood glucose levels. When we eat carbohydrate foods, they break down during digestion to glucose,

which then appears in the bloodstream. So it might seem logical that cutting out carbs will help to lower blood glucose levels. But if you have type 2 diabetes, the reason you don't deal with carbs in the same way as someone without diabetes is because of underlying insulin resistance. So the aim of any dietary or lifestyle changes should be to improve how insulin works in your body.

Losing weight and exercising both improve insulin resistance. The types of food we eat also play a role. Low-fat, high-fibre plant-based diets have been shown to improve insulin resistance while high intakes of saturated fat and red meat can worsen insulin resistance. Research has also found that people following a vegan diet (which is typically higher in carbohydrate and lower in fat) seem to have the lowest risk of developing type 2 diabetes. So while a very low-carb diet may work in the short-term, it may not be the best way to manage your diabetes in the longer term.



WHAT DO DIABETES ASSOCIATIONS RECOMMEND WHEN IT COMES TO LOW-CARB DIETS?

Diabetes Australia, the American Diabetes Association and Diabetes UK all have a similar position and recommendations around low-carb diets and diabetes. They say that low-carb diets may have benefits for improving weight and blood glucose levels in the short-term (up to 6-12 months) for people with type 2 diabetes, but the long-term sustainability of these diets is an issue. They also suggest that further research is needed to determine the effectiveness and safety of low-carb diets for people with type 1 diabetes. Lastly, they recommend that low-carb diets should be avoided by women who are pregnant or breastfeeding, children, those with kidney disease or disordered eating, and people taking diabetes medications called sodium-glucose cotransporter 2 inhibitors. ➤



Ok, so how do I manage my blood glucose levels while eating carbs?

In someone without diabetes, the body always produces just the right amount of insulin to deal with the carbs they eat. But when you have diabetes, either your body no longer produces this insulin (type 1 diabetes) or your insulin doesn't work as effectively (type 2).

If you have insulin-treated diabetes, you need to take on the role of your pancreas and try to match the amount of carbs you eat with the amount of insulin you take to keep blood glucose levels within the target range. Your diabetes health professionals can help you learn to do this.

If you have type 2 and are not taking insulin, strict carb counting isn't usually needed but it's still important to understand carbs, as spreading your intake evenly over the day and avoiding large amounts at one time will help to keep blood glucose levels stable. If you are taking medication that can cause hypos (insulin or sulphonylureas) then matching your medication and carbs is important to prevent hypoglycaemia (low blood glucose levels).

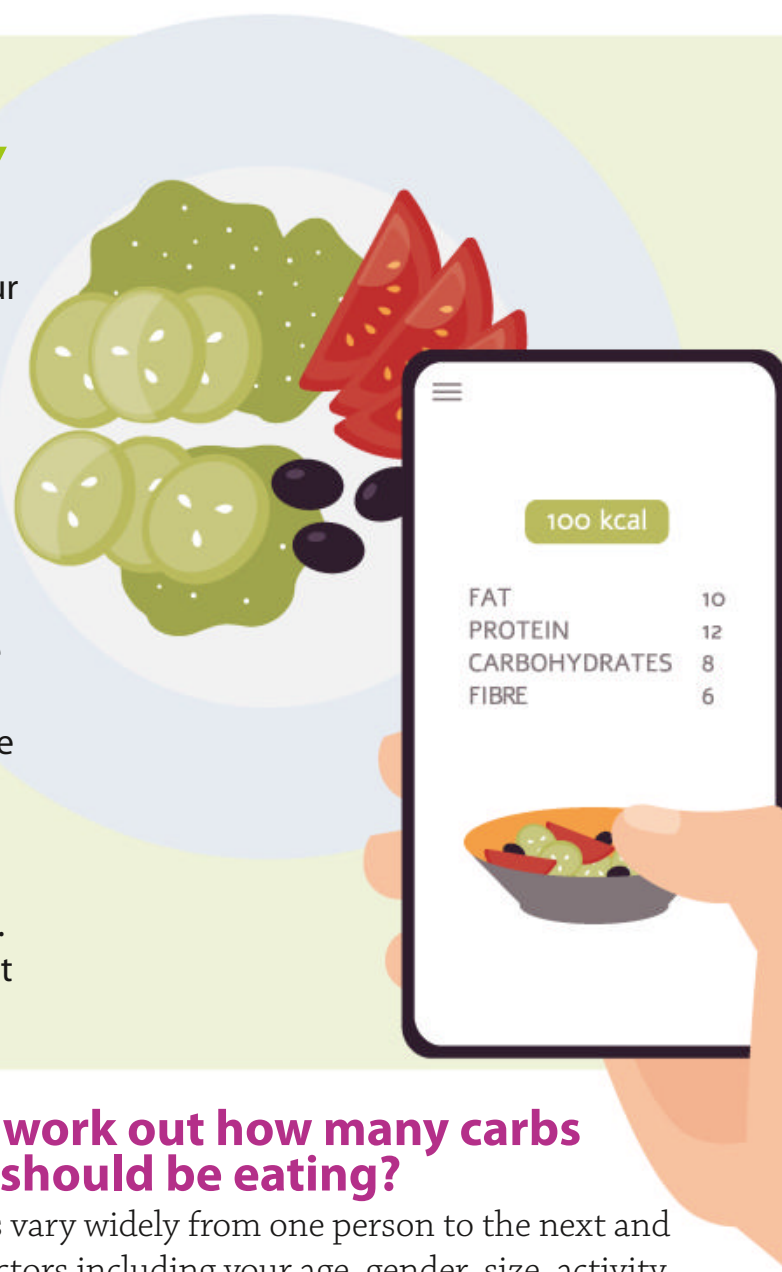


CAN YOU EXPLAIN MORE ABOUT CARB COUNTING? AND DO I REALLY NEED TO COUNT CARBS?

Whether you need to match your insulin to carbs, or just space your carb intake more evenly over the day, understanding how to work out the carbs in your meals and snacks is a key part of keeping your blood glucose levels on track.

To do this, you can either add up the total number of grams of carbs you eat, or count the number of 'portions' or 'exchanges' of carbs in your meals and snacks. A 'portion' or 'exchange' is the amount of food that contains 15g of carbs (although some people use 10g). *For example*, 1 average slice of bread, 1 medium orange and ¼ cup of rolled oats each contain around 15g of carbs, or one carb portion. This means that the rise in your blood glucose level (and the amount of insulin you need) should be about the same if you ate any of these foods.

To work out the carbs in food you can use the nutrition label on packaged foods, carb-counting books, websites and phone apps. The NDSS also have a free online carb counting course available at ndss.com.au/services/support-programs/carb-counting-online/



I am taking insulin to manage my diabetes. How do I work out how much insulin to give for the carbs I am eating?

If you take insulin, it's important to match your insulin doses with the amount of carbohydrate you eat. You may be taught to adjust your insulin dose to the amount you eat or you might be recommended a set dose of insulin along with a certain amount of carbohydrate to aim for with each meal. Either way you need a way to work out the amount of carbs you are eating.

If you are taught to match insulin to carbs, you will need to work out an Insulin-to-Carbohydrate Ratio (ICR) with your diabetes team, which is the amount of insulin you need for a certain amount of carbohydrate. For example, an ICR of 1:10g means that for every 10g of carbs you eat, you need to take 1 unit of insulin. This method of insulin adjustment gives you the flexibility to eat the amount you feel like at each meal and adjust insulin accordingly.

How do I work out how many carbs I should be eating?

Carbohydrate needs vary widely from one person to the next and depend on many factors including your age, gender, size, activity levels, and whether you are trying to lose, maintain or gain weight.

In its 2022 nutrition recommendations, the American Diabetes Association says that there is a lack of evidence to be able to make specific recommendations about the ideal amount of carbohydrate for people with diabetes, including those with type 1 diabetes. However it recommends limiting refined starches and added sugars and focusing on carbohydrates from vegetables, legumes, fruits, dairy foods and wholegrains.

Our current government general nutrition guidelines recommend a carbohydrate intake between 45 and 65 per cent of energy (meaning that 45-65 per cent of the total kilojoules you consume come from carbohydrate). This range is based on meeting requirements for micronutrients (vitamins and minerals) as well as fat and protein needs. Your dietitian can help you to work out the right amount of carbohydrate for your individual needs and how best to distribute this carbohydrate across your day and/or match it with your insulin for medication to help with blood glucose management. ➤



What about Glycaemic Index (GI) and how does it relate to carbs?

Many people get confused about GI, thinking that low GI foods are low in carbohydrate. But GI has nothing to do with the amount of carbohydrate in a food. Instead, it is a measure of the speed at which a carbohydrate-containing food raises your blood glucose level. Some carbohydrate foods are quickly digested and absorbed (high GI), while others break down slowly, gradually releasing glucose into the bloodstream (low GI). This makes them a good choice when you have diabetes.

Foods with a low GI include traditional or steel-cut rolled oats, barley, freekeh, quinoa, cracked wheat, dense wholegrain breads, legumes (lentils, chickpeas and dried or canned beans), sweetcorn, and many fruits including apples, pears, citrus fruit, peaches and nectarines. Making these your main carb choices can help with blood glucose management.



SO ARE LOW GI FOODS ALWAYS A GOOD CHOICE?

No. GI is just one aspect of a food that needs to be considered and shouldn't be used in isolation when making healthy food choices. You may notice that some low GI foods are high in saturated fat (e.g. chocolate), while some high GI foods may still be good choices because they are nutritious and relatively low in energy and carbohydrate (e.g. watermelon). Consider whether a food is a healthy choice first and then go for the lower GI options.

LOW >50



0

20

40

Can you explain more about the downsides of cutting out carbs?

Low-carb diets restrict most of the foods we know are beneficial for good health, including wholegrains, legumes, fruits and some vegetables. Research has shown that eating more of these foods is associated with a reduced risk of many chronic diseases, including cardiovascular disease, type 2 diabetes and some types of cancer.

There is also evidence that low-carb diets high in animal foods can worsen insulin sensitivity, increase type 2 diabetes risk and increase overall mortality risk and the risk of dying from heart disease and cancer. And restricting wholegrains and legumes and eating a lot of animal foods can have negative effects on your gut bacteria, which may increase the risk of future health problems including bowel cancer.

Australian researchers have found that a low-carb diet can affect the growth of children with type 1 diabetes, so this type of eating plan isn't recommended for children. And one study found that a low-carbohydrate diet may reduce the effectiveness of glucagon to treat a hypo – an important consideration for anyone taking insulin.



WHAT IF I WANT TO LOSE WEIGHT – DON'T I NEED TO CUT DOWN ON CARBS?

A low-carb diet is likely to lead to weight loss, as it eliminates many of the foods we commonly eat. Cut out breads, cereals, grains, fruit, starchy vegetables, legumes and some dairy products and there isn't much left to eat. So it's not surprising that most people lose weight when they cut carbs from their diet.

However, studies show that while low-carb diets often lead to more rapid initial weight loss (in the first 6-12 months), in the longer term they don't appear to be any better than low-fat, or other types of energy-restricted diets. They can also be pretty hard for most people to stick to. And unless you can continue your new way of eating for the long term, it's unlikely your weight loss efforts will be sustained. ➤

MEDIUM 51-69



60

HIGH <70



80

100

What are my best choices?

The best carb choices are those that are minimally processed, high in fibre, lower GI and nutrient-dense, such as:

- ◆ fresh fruits
- ◆ vegetables (although non-starchy vegetables have very little carbs)
- ◆ legumes including lentils, chickpeas and dried or canned beans
- ◆ wholegrains such as rolled or steel-cut oats, barley, quinoa, cracked wheat (burghul), buckwheat and lower GI varieties of brown rice
- ◆ dense wholegrain breads
- ◆ wholemeal or wholegrain pasta or noodles
- ◆ unsweetened dairy foods like milk and natural yoghurt



OK, SO IF IT IS A GOOD IDEA TO INCLUDE CARBS IN MY DIET, WHICH CARBS SHOULD I BE CHOOSING?

And which carb foods are best to avoid?

The carb foods that are best to avoid or limit are nutrient-poor foods containing refined grains and added sugars, including:

- ◆ Snack foods such as biscuits, cakes, lollies, chocolate, chips and popcorn
- ◆ Sweetened dairy foods, including flavoured milks, flavoured yoghurt and ice-cream
- ◆ Refined grains including white bread, puffed and flaked breakfast cereals and white rice
- ◆ Sugar-containing drinks including soft drinks, cordials and energy drinks
- ◆ Fruit juices
- ◆ Added sugars including table sugar, glucose, honey, maple syrup, rice syrup and agave nectar



I understand that there are benefits of eating some healthy carbs, but what if I prefer low-carb eating?

If you prefer to eat less carbs, there are some ways to optimise the benefits and reduce the downsides. This mainly comes down to considering where you get your protein and fat.

As mentioned earlier, a low-carb diet high in animal fat and protein may have negative health effects. A vegetable-based low-carb diet, on the other hand, is associated with a reduced risk of death from all causes and from heart disease. So if you're going low-carb, make sure most of your fat and protein comes from plants.

You can do this by:

- ◆ Avoiding processed meats and replacing red meat with plant proteins such as tofu, tempeh, nuts and seeds.
- ◆ Getting most of your fat from avocado, nuts, seeds, olive oil and oily fish rather than fatty meats, palm and coconut oil.
- ◆ If you are cutting out fibre-rich foods such as grains, legumes and fruit, ensuring you are getting plenty of veggies in your meals.
- ◆ Including small amounts of quality carbs rather than cutting carbs altogether – good choices include legumes, fruit, starchy vegetables and minimally processed wholegrains like quinoa, barley and rolled oats.

Is there anything else I need to consider if I plan to start a low-carb diet?

Apart from the dietary recommendations above, it is also important to consider any medications you are taking. If you are taking medication to manage your diabetes, particularly insulin, sulphonylureas (glibenclamide, gliclazide, gliclazide MR, glimepiride, glipizide) or SGLT2 inhibitors (dapagliflozin, empagliflozin, ertugliflozin) it is important to speak with your doctor first, as you will probably need to adjust your medication doses to reduce the risk of hypoglycaemia and diabetic ketoacidosis (DKA).

IN SUMMARY

When it comes to carbs and diabetes:

- ◆ Choose healthier carbs rather than going low-carb
- ◆ Learn to match your carb intake with your diabetes medications, and/or spread your carb intake over the day to help with managing blood glucose levels
- ◆ Speak to your dietitian about working out the right carb intake for your individual needs
- ◆ If you plan to go low-carb, and are taking medications to manage your diabetes, speak with your doctor first, to see if your medications might need adjusting. ■



MATTER over mind



Effective management of type 2 diabetes is absolutely critical in reducing your risk of developing short and long term complications. While diet and exercise play a key role, these lifestyle modifications are not always easy. However, new research from the CSIRO shows that your success in making changes is *not* contingent on how motivated you feel at the outset.

The aim of managing type 2 diabetes is to keep your blood glucose levels as close to 4 to 6 mmol/L as possible. This makes maintaining a healthy diet and doing regular exercise the first port of call.

But changing your eating and exercising habits is no small feat – especially when most adults receive their diagnosis at over 45 years old. With habits developed over decades, it is natural then to feel overwhelmed at the prospect of change.

As an accredited dietitian and health coach at the CSIRO Total Wellbeing Diet, I work with Australians to take the steps to a healthier and more sustainable lifestyle. One of the most common things I see at the start of this journey? The pressure of being in the ‘right’ headspace to eat well and exercise more – a major barrier for many to even start the process.

But when it comes to a diagnosis as serious as type 2 diabetes, there really is no time to wait.

Luckily, new research from the CSIRO, Australia’s national science agency, has just revealed that mindset when starting a weight loss journey doesn’t define your ability to succeed.

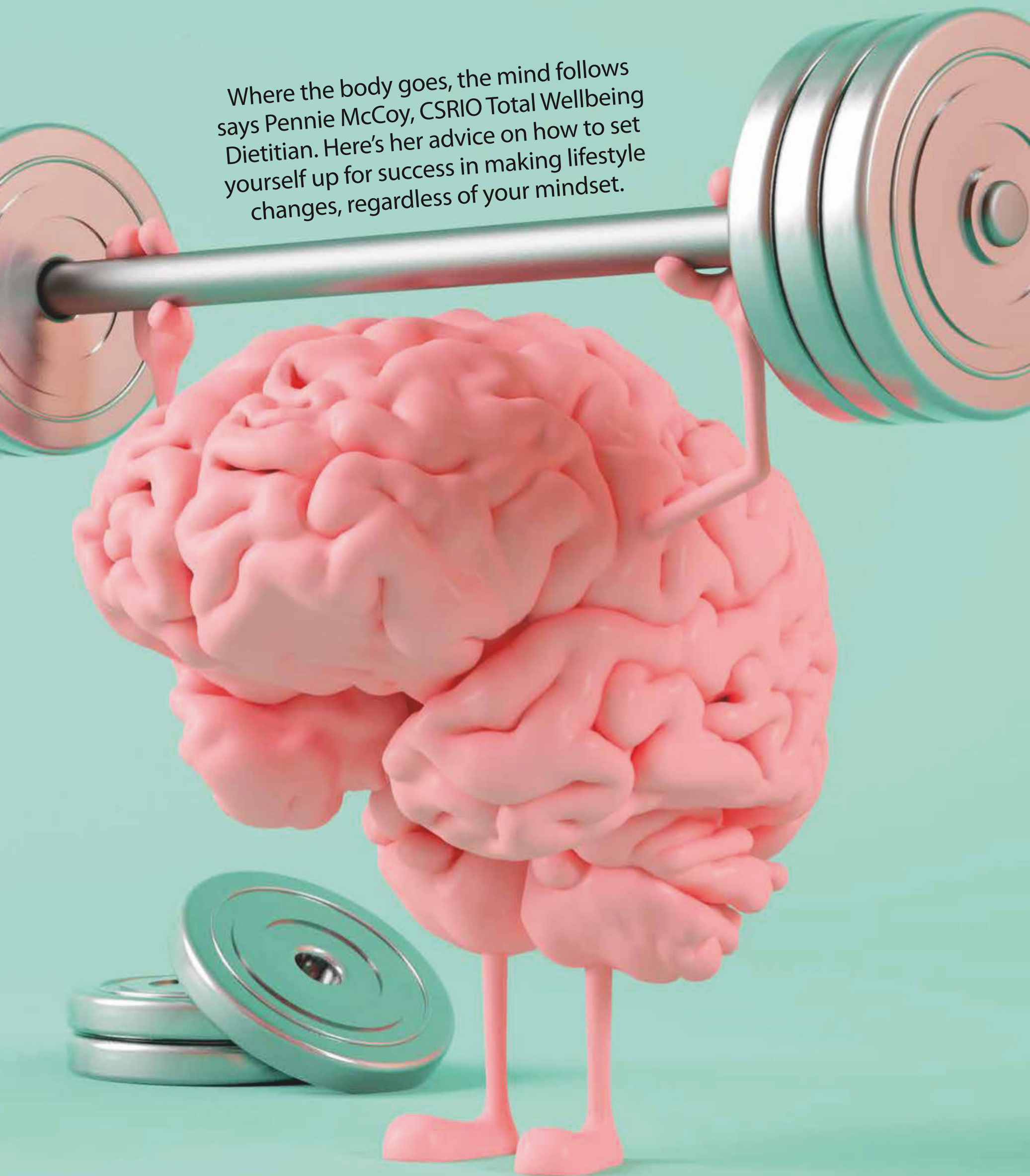
This finding came from an analysis of nearly 11,000 Australians that responded to a mindset survey done before completing the CSIRO Total Wellbeing Diet 12-week weight loss program.

It found that being in the right mindset when starting a diet was not in fact the strongest contributor to losing a clinically significant amount of weight.

Rather, engaging with the right digital support tools – think food and exercise tracking, and virtual support groups – had the greatest influence when hitting weight loss goals.

Perhaps the most interesting finding was that those with the lowest levels of motivation before starting the 12-week program not only lost an above-average amount of weight, but they also lost the most weight!

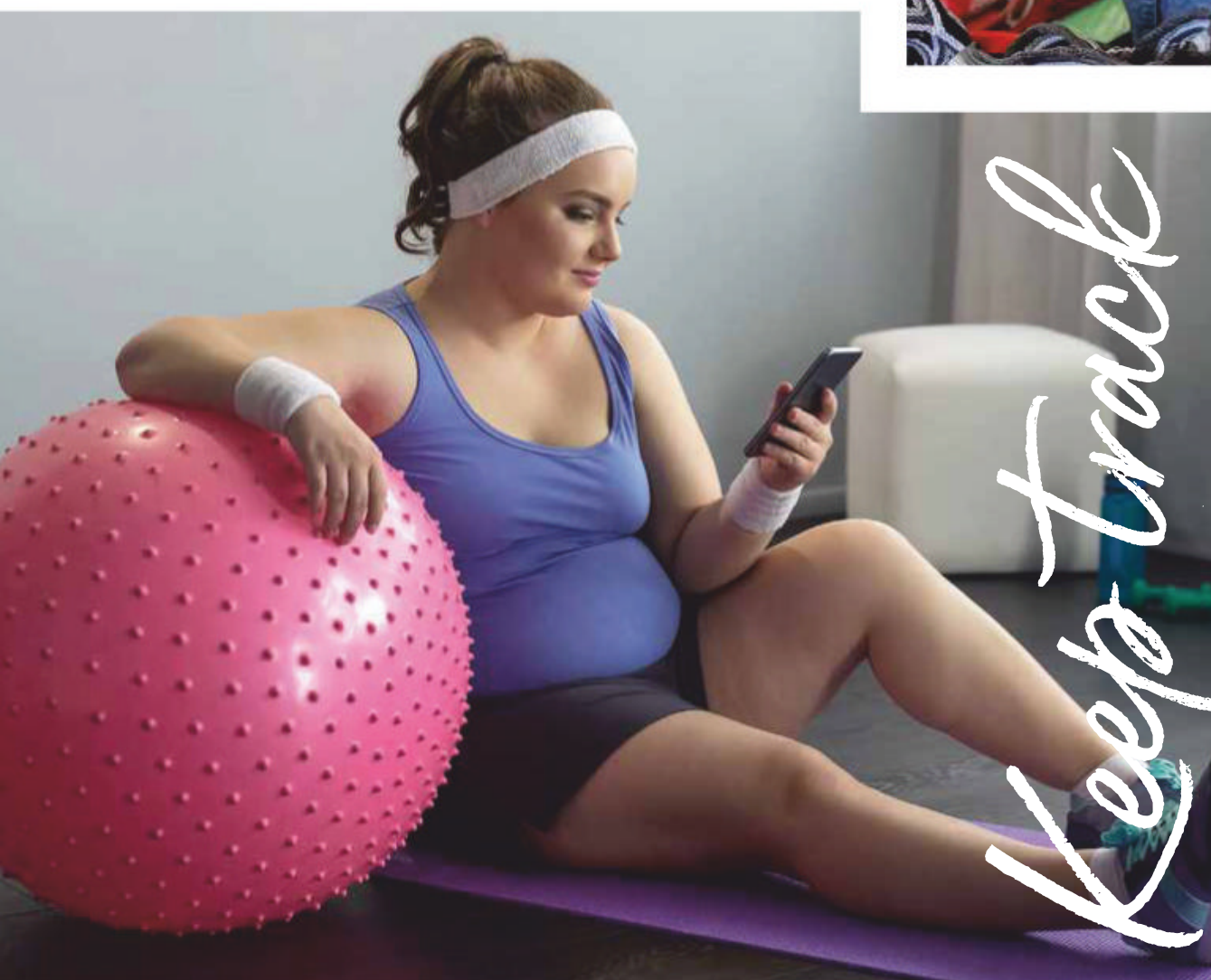
Where the body goes, the mind follows says Pennie McCoy, CSRIO Total Wellbeing Dietitian. Here's her advice on how to set yourself up for success in making lifestyle changes, regardless of your mindset.



So, the best way to make the lifestyle changes you need? Take the thinking out of it, set yourself up for success and watch your motivation grow as your results start to show.

Knowledge is power

Prepare for the change by taking the time to know what it takes to change your eating and exercise habits. Start by learning the new behaviour – educate yourself on how to nourish your body with whole foods and fit exercise into your lifestyle. Particularly useful for people with type 2 diabetes is understanding the Glycaemic Index (GI). This is because choosing low GI foods facilitates ideal blood glucose levels and keeps your appetite in check. It is also important to know how eating different amounts of carbohydrates impacts your blood glucose levels. Equip yourself with recipes and cooking techniques so you can eat regular meals across the day that are rich in vegetables, fruit and lean protein.



Keep track

Because we perform habits daily, often not much thought goes into them and we don't realise all of the opportunities for making healthier choices. Using a self-monitoring tool like the CSIRO Total Wellbeing Diet's easy-to-use food and exercise tracker sheds light on your choices. Rather than feeling confused and acting aimlessly, you have awareness to form healthier habits. It also builds motivation as you get the gratification from seeing how you are reaching your food and exercise targets.

Be real

Losing 5% of your body weight can be beneficial for diabetes management. It's important to be realistic about your targets and how you will achieve them and adjust your expectations as you go.

Having a support network of friends, family or online communities is extremely beneficial when making changes of this magnitude. They can make the transition easier by sharing the journey with you. For example, it is much easier to eat healthier meals if everyone at the table is doing so. These people can also be a place to go to to troubleshoot barriers you are coming up against. The success and commitment we see among our CSIRO Total Wellbeing Diet Facebook group is incredible – they discuss their wins, their losses, and strategies to pick themselves up.

Stay connected

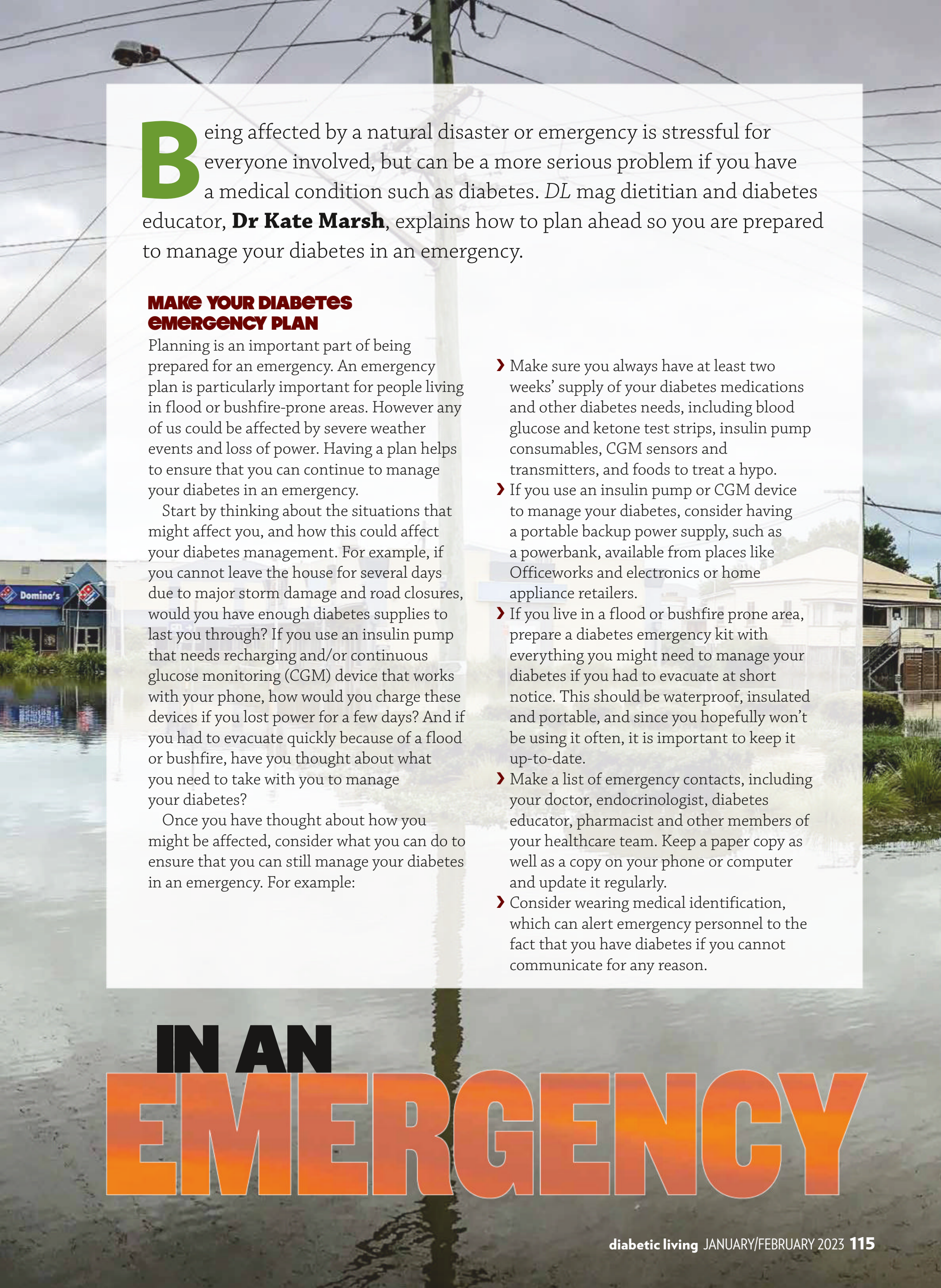


To further support Aussies, the CSIRO Total Wellbeing Diet has launched its 12 Week Program for Pre-Diabetes and Type 2 Diabetes. To find out more go to www.totalwellbeingdiet.com



The past few years have seen an increasing number of natural disasters in Australia, including major floods and bushfires. Severe weather events are also becoming more frequent and are something that could affect any of us at any time.

MANAGING YOUR diabetes



Being affected by a natural disaster or emergency is stressful for everyone involved, but can be a more serious problem if you have a medical condition such as diabetes. *DL* mag dietitian and diabetes educator, **Dr Kate Marsh**, explains how to plan ahead so you are prepared to manage your diabetes in an emergency.

MAKE YOUR DIABETES EMERGENCY PLAN

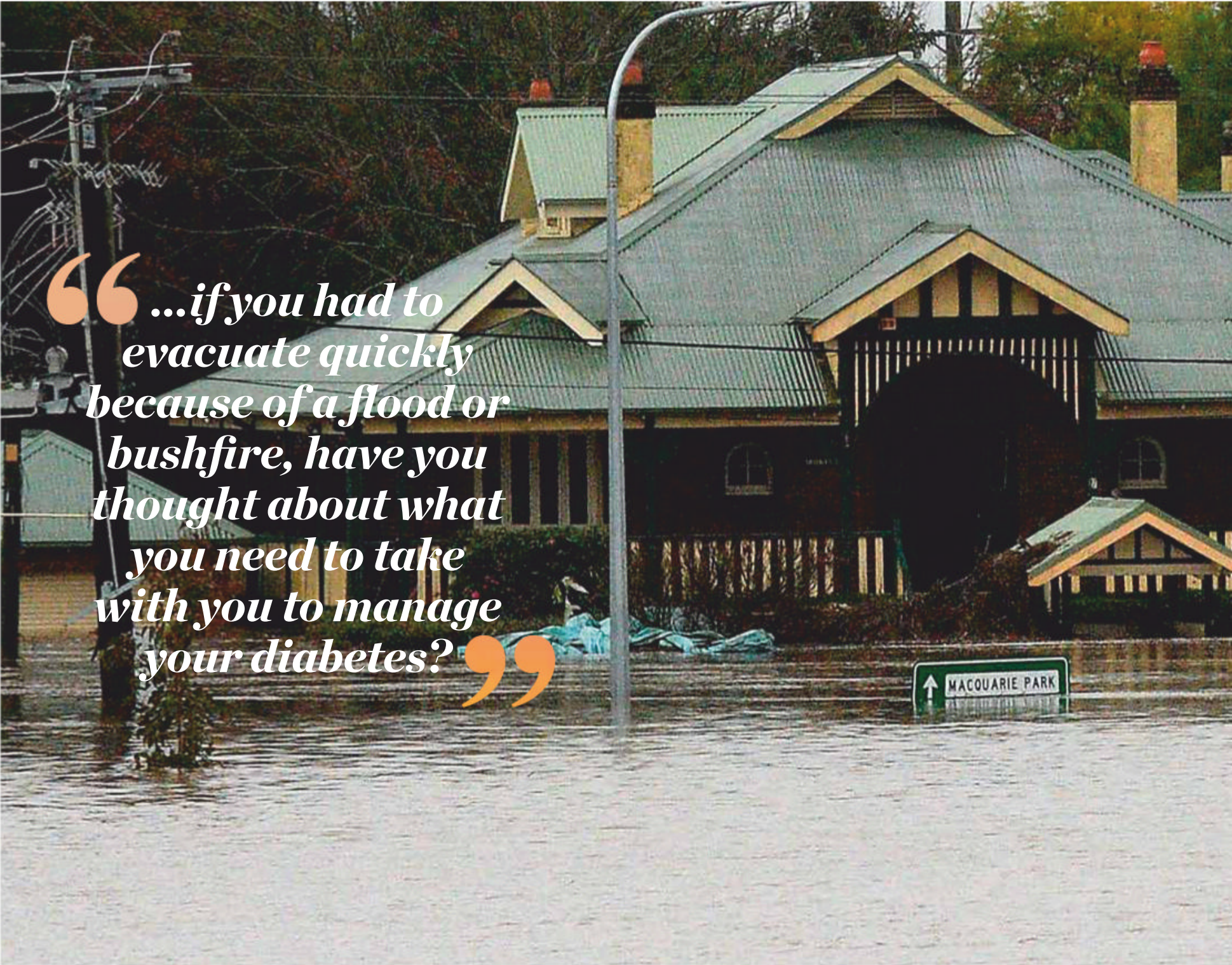
Planning is an important part of being prepared for an emergency. An emergency plan is particularly important for people living in flood or bushfire-prone areas. However any of us could be affected by severe weather events and loss of power. Having a plan helps to ensure that you can continue to manage your diabetes in an emergency.

Start by thinking about the situations that might affect you, and how this could affect your diabetes management. For example, if you cannot leave the house for several days due to major storm damage and road closures, would you have enough diabetes supplies to last you through? If you use an insulin pump that needs recharging and/or continuous glucose monitoring (CGM) device that works with your phone, how would you charge these devices if you lost power for a few days? And if you had to evacuate quickly because of a flood or bushfire, have you thought about what you need to take with you to manage your diabetes?

Once you have thought about how you might be affected, consider what you can do to ensure that you can still manage your diabetes in an emergency. For example:

- › Make sure you always have at least two weeks' supply of your diabetes medications and other diabetes needs, including blood glucose and ketone test strips, insulin pump consumables, CGM sensors and transmitters, and foods to treat a hypo.
- › If you use an insulin pump or CGM device to manage your diabetes, consider having a portable backup power supply, such as a powerbank, available from places like Officeworks and electronics or home appliance retailers.
- › If you live in a flood or bushfire prone area, prepare a diabetes emergency kit with everything you might need to manage your diabetes if you had to evacuate at short notice. This should be waterproof, insulated and portable, and since you hopefully won't be using it often, it is important to keep it up-to-date.
- › Make a list of emergency contacts, including your doctor, endocrinologist, diabetes educator, pharmacist and other members of your healthcare team. Keep a paper copy as well as a copy on your phone or computer and update it regularly.
- › Consider wearing medical identification, which can alert emergency personnel to the fact that you have diabetes if you cannot communicate for any reason.

IN AN EMERGENCY



“...if you had to evacuate quickly because of a flood or bushfire, have you thought about what you need to take with you to manage your diabetes?”

PREPARE YOUR DIABETES EMERGENCY KIT

- › Your diabetes emergency kit should contain a 2-week supply of all the things you need to manage your diabetes if you need to evacuate your home.
- › Depending how you manage your diabetes, your kit may include:
 - › Diabetes medications, including injectable medications and insulin
 - › Insulin pen needles or syringes
 - › Insulated cases for storing insulin and injectable medications
 - › Blood glucose monitor and test strips
 - › Blood ketone monitor and test strips
 - › Continuous glucose monitoring sensors and transmitters
 - › Insulin pump consumables
 - › Spare batteries for blood glucose/ketone meter and insulin pump
 - › Foods to treat a hypo, such as jellybeans, glucose tablets or fruit juice poppers, and a glucagon kit
 - › Non-perishable foods such as muesli bars, dried fruit and nut mix and cracker biscuits
 - › A copy of your diabetes sick day plan
 - › Your kit should also include general medical supplies, such as prescription medications you take for other health conditions, pain medications and other non-prescription medications, along with other emergency supplies including bottled water, a first aid kit, protective clothing, a torch and mobile phone charger.
- › Your emergency kit should be waterproof, insulated and portable. Keep it in a safe place that is easy to access in an emergency. Check your kit every 3 months to make sure your supplies are still within their use by date, your blood glucose and ketone meters are working, and your medical information and important contacts are up-to-date.

CASE STUDY:

NAVIGATING FLOODS WITH A CHILD WITH TYPE 1 DIABETES

Sophie's 12-year-old daughter Madeleine was diagnosed with type 1 diabetes and coeliac disease in mid-2020, and they have quickly become experts on navigating diabetes in an emergency.

Living in a flood-prone area north-west of Sydney, Sophie has had to evacuate her family three times in the past two years.

She has a diabetes emergency kit packed and ready to go at any time, but has an important reminder – don't forget to grab your insulin from the fridge when it's time to leave! She also suggests leaving your medication scripts at your

local pharmacy to make it easier to purchase more insulin or medication if needed.

As heartbreaking as it has been to watch her house go under water on three occasions, Sophie feels fortunate that they have always had time to evacuate safely. For those living in areas where evacuation may be more difficult, she recommends not taking any risks and getting out early. She can't imagine what it would be like to be trapped and unable to access medication or food when you or your child has diabetes.



FREE DIABETES EMERGENCY PLAN AND CHECKLIST

To help you in planning for an emergency and preparing your diabetes emergency kit, the NDSS has a printable natural disaster and emergency checklist you can download here and complete. ndss.com.au/living-with-diabetes/health-management/emergencies-and-diabetes/



move MORE



To start with, even a small amount of physical activity is better than none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

Remember, the more you move the better!

HOW MUCH PHYSICAL ACTIVITY IS RECOMMENDED?

Australia's Physical Activity and Sedentary Guidelines recommend that each week adults aim to:

MOVE MORE: Be active on most, preferably all, days every week.

MOVE HARDER: Do 2 hours 30 minutes to 5 hours (150 to 300 minutes) of moderate-intensity activity; 1 hour 15 minutes to 2 hours 30 minutes (75 to 150 minutes) vigorous-intensity activity; or an equivalent combination of both.

MOVE STRONGER: Do muscle strengthening activities on at least 2 days each week.

MOVE OFTEN: Minimise the amount of time spent sitting and break up long periods of sitting as often as possible.

WHY BE PHYSICALLY ACTIVE?

While being physically active plays a role in maintaining a healthy weight, the benefits extend well beyond this. Moving more can help you:

- Get fitter
- Do everyday tasks with ease
- Improve your mood
- Have more energy
- Sleep better
- Reduce your risk of heart disease, type 2 diabetes, cancer and other chronic diseases

exercise

LEISURE TIME

- ◆ The key to staying active is finding an exercise you enjoy. This can be an organised sport, rock climbing, gym class, running, or simply taking a walk at the park or along the coast.
- ◆ Rope a friend into your exercise plans to help you keep motivated.
- ◆ Use technology to support your exercise goals. Create a motivating playlist, keep track of your steps via a fitness tracker or find an app that helps you move more.
- ◆ If you spend a lot of time in front of the television, try doing some light stretches/yoga, hula hooping, skipping rope or hopping on an exercise bike while watching your favourite shows.



HOW CAN I GET MOVING?

There are plenty of ways you can adapt your routine to move more!

FAMILY TIME

- ♥ Walk the dog after breakfast in the morning, or after dinner at night.
- ♥ Get outdoors for lunch or dinner on the weekend. Don't forget your hat, sunscreen and sunglasses!
- ♥ Play backyard cricket, go cycling, bounce on the trampoline or enjoy the playground at the local park.
- ♥ House tasks like gardening, cooking and vacuuming all count as physical activity – get your house in order while moving more!





GETTING FROM A TO B

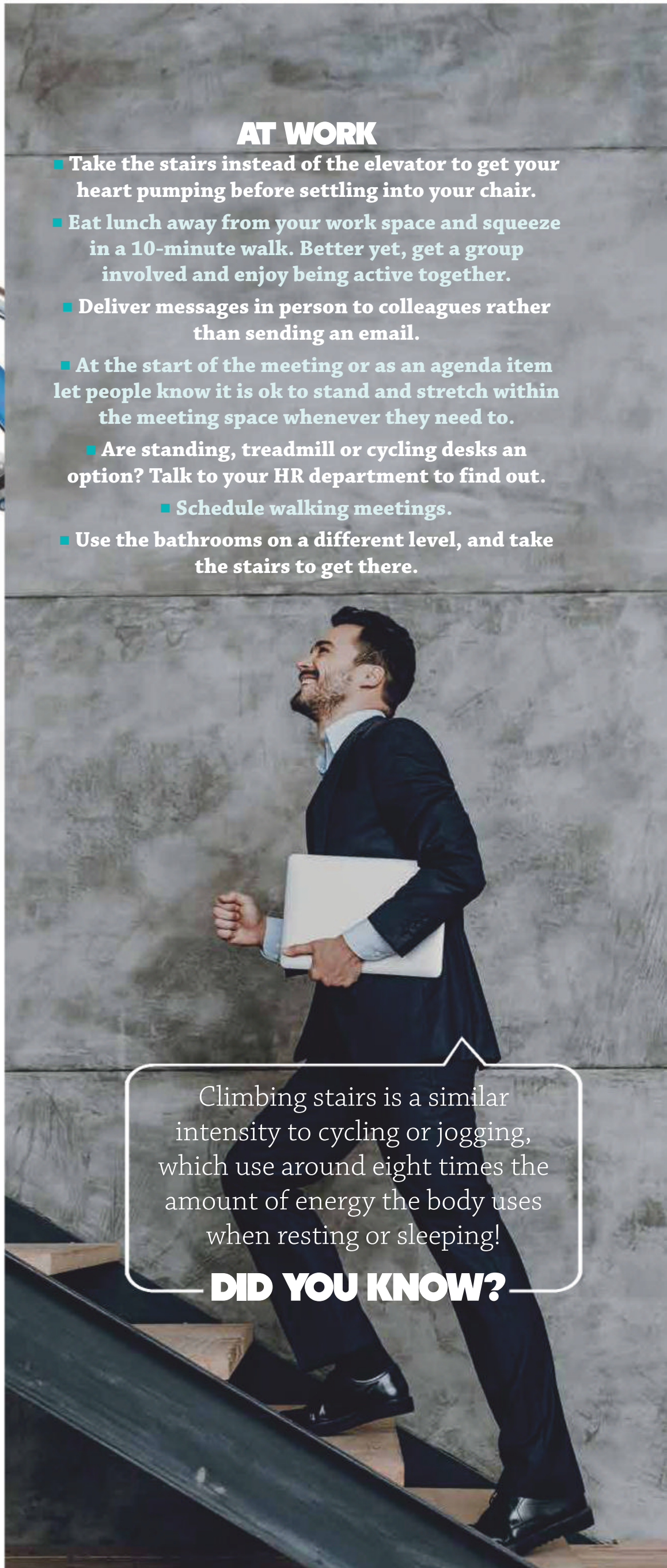
- Walking, cycling, running or taking public transport to work or school gives you the opportunity to get some scheduled exercise into each day. It's also good for the environment. Find out if your workplace offers end-of-trip facilities (like a shower and bike rack) that you can make use of – if not ask why not!
- If you have to drive, park further away from your destination and walk the rest of the way.
 - Walk to the furthest ticket machine to get a few more steps into your day.
- Ask HR about providing public transport passes for short business trips.

AT WORK

- Take the stairs instead of the elevator to get your heart pumping before settling into your chair.
- Eat lunch away from your work space and squeeze in a 10-minute walk. Better yet, get a group involved and enjoy being active together.
- Deliver messages in person to colleagues rather than sending an email.
- At the start of the meeting or as an agenda item let people know it is ok to stand and stretch within the meeting space whenever they need to.
 - Are standing, treadmill or cycling desks an option? Talk to your HR department to find out.
 - Schedule walking meetings.
- Use the bathrooms on a different level, and take the stairs to get there.

Climbing stairs is a similar intensity to cycling or jogging, which use around eight times the amount of energy the body uses when resting or sleeping!

DID YOU KNOW?





For George Marin, October 2020 marked a turning point in his life. Diagnosed with prediabetes, fatty liver and high blood pressure, over the next 12 months he lost 35kg and has never felt fitter or been healthier. Now 49, he shares what inspired him to take action and how he did it.

I can't remember a time where I wasn't overweight. Being of Italian background, food was the focus of any gathering or special occasion and we were always encouraged to eat everything on our plate. The main staples were carbs – pasta and bread – and a lot of it.

"I would also resort to ordering take away food as an easy alternative for dinner if I was tired or came home late from work. And exercise was practically non-existent, except for the occasional walk after work.

"Looking back now, I definitely didn't feel well physically, but mostly, I didn't feel well mentally. Little things were always embarrassing, like when I got on a plane and needed to ask the hostess for an extension to the belt. Shopping for clothes was also an issue. Finding things in my size was difficult, or the clothing in my size was very limited and boring.

"There was also a gradual build-up of ailments that I discovered through various doctor's visits. I was prediabetic, had high blood pressure and fatty liver and was receiving treatment, including nerve pain injections, for chronic shoulder pain – all of which related to being overweight.

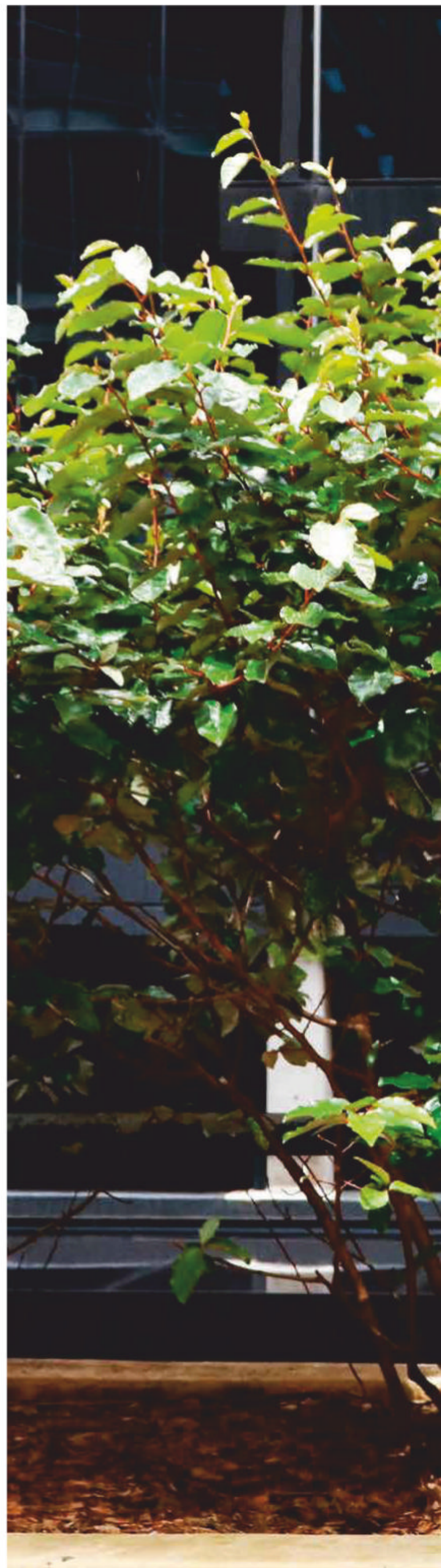
"One day in late 2020, the surgeon told me the spot to inject was too hard to access because I was a 'big boy'. I was in pain and really needed the procedure so losing weight was my only option. That's when I decided to give the CSIRO Total Wellbeing Diet a go."

Taking back control

"In the past, I'd tried the Atkins Diet which worked a little, but as soon as I reintroduced the carbs the weight came back. For this reason, I was attracted to the CSIRO Total Wellbeing Diet's non-restrictive approach and I felt confident that I could lose the weight and keep it off this way.

"I loved the variety the diet offered me and I was never hungry. It also did all the hard work for me because the meal plans were set – all I needed to do was stay on track.

"Two other behaviours were key, too – tracking my food exposed just how badly I'd been eating all these years and it also educated me a great deal on what a correct portion size looked like. And weighing in regularly kept my motivation razor sharp. ►



GEORGE MARIN, PREDIABETES

my story

“I’ve gone from barely exercising to loving exercise – and my health ailments have disappeared.”

my story: prediabetes

“I set myself small, reachable goals which also kept me motivated. And I had great support from my family and a lot of encouragement. We actually did this as a family, because it was really easy to incorporate the meals into our weekly menu. That meant I was never eating in isolation.

“I lost 35 kilograms in 12 months and my health is tracking better than ever. It’s been incredible to see the positive benefits both externally and internally.”

Change in diet, change in outlook

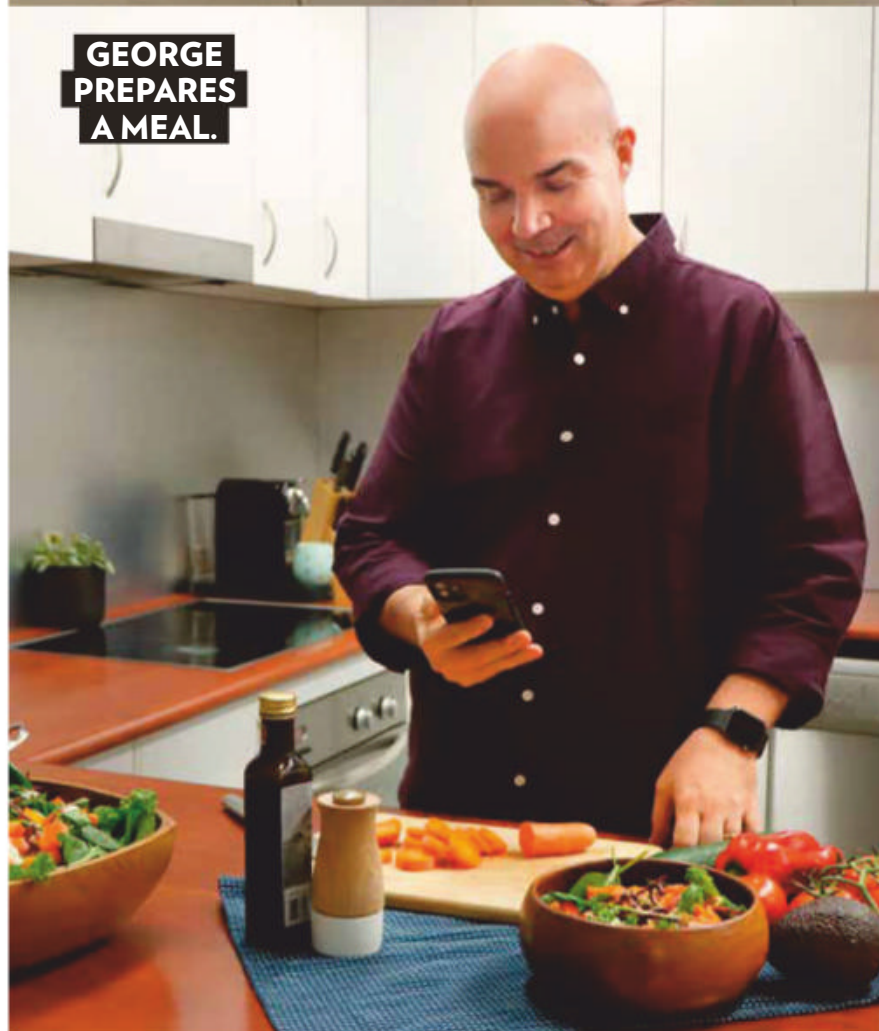
“After being on the diet for two months, I started to lose weight and then I started exercising. I gave jogging a go and can now jog between five and eight kilometres. I’ve also started cycling and do about 50 to 80 kilometres a week. I don’t get tired at work anymore, either. My job involves climbing a lot of stairs during the day, which is no longer a challenge for me.

“Now, the future looks absolutely amazing. I’ve gone from barely exercising to loving exercise – and my health ailments have disappeared, which means I can tackle the future at my best, healthy self.

“I love fashion, too and having people notice my weight loss and being able to buy a whole new wardrobe that actually fits has given me a new surge of confidence and happiness that I didn’t have before.

“My advice to others is to give it a go. I love how the CSIRO Total Wellbeing Diet is constantly evolving through science and now there’s even a diet program specifically designed for prediabetes and type 2 diabetes. This will be a game changer for people going through what I went through. You still get all the great tools and features of the original program, but with a specific focus on prediabetes and type 2 diabetes and how best to manage these conditions.

“Just remember that losing weight isn’t a race and you’re never too old to start. Just follow the guidelines and you will get results. And when you get those results, celebrate every achievement.” ■



WORDS KAREN FITTALL

To learn more about the CSIRO Total Wellbeing Diet for Prediabetes and Type 2 Diabetes visit totalwellbeingdiet.com/au/about-the-diet/our-programs/diabetes/

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that Y=5, B=8, and O=23. You can record each letter as you work it out in the letter checker at the bottom of the grid.

9	2	23	1	12	1		9	13	22	22	2	12	22		26	23	23	2	12	22
	16		11		16		23		25		16		25		17		24		2	
20	17	12	12		17	16	18	3	1		17	12	15	13	12		2	23	23	18
	15		2		9		3		9		24		12		3		12		6	
17	16	20	20	25	16		12	2	23	26	12	17	1		12	16	17	20	13	2
		12			1	25	21		13				3	16	21				12	
10	16	5	11	12	10		3	11	17	13	1	3	1		3	13	8	25	18	24
	10		12						1		2						25		9	
7	25	18	21	12	22		1	12	12	1	16	14	1		1	16	24	24	12	22
	22				5	16	19				13		9	16	26			16		
16	1	1	25	24	18		5	23	13	18	24	12	17		23	8	12	5	12	22
	11		22		16		22		26		11		13		13		21		15	
1	25	4	12		10	16	25	4	12		3	5	26	12	1		26	17	23	14
	26		16		23		15		18		12		2		12		12		19	
26	1	16	2	10	1		12	18	22	23	17	1	12		1	23	2	15	12	22

1	2	3	4	5 Y	6	7	8 B	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23 O	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

- 11** Animal doctor (12)
12 Scholar (8)
13 Coastal New South Wales city (10)
14 Absolved from blame (10)
15 An ascertained size (11)
18 *Driving ---*, Academy Award-winning film starring Morgan Freeman (4,5)
21 Agent (14)
23 Anything of small value (6)
24 Dart-launching weapon used by some tribal communities (8)
26 Forgetful (6-6)
28 Unreachable (12)
30 Rearrange (8)
32 Tusked marine mammal (6)
33 Number boffins (14)
36 Northern Tasmanian port city (9)

- 38** Sleeping during winter (11)
41 Train engine (10)
43 Captivated (10)
46 Formally withdrawing from (8)
47 Squeezebox player (12)

DOWN

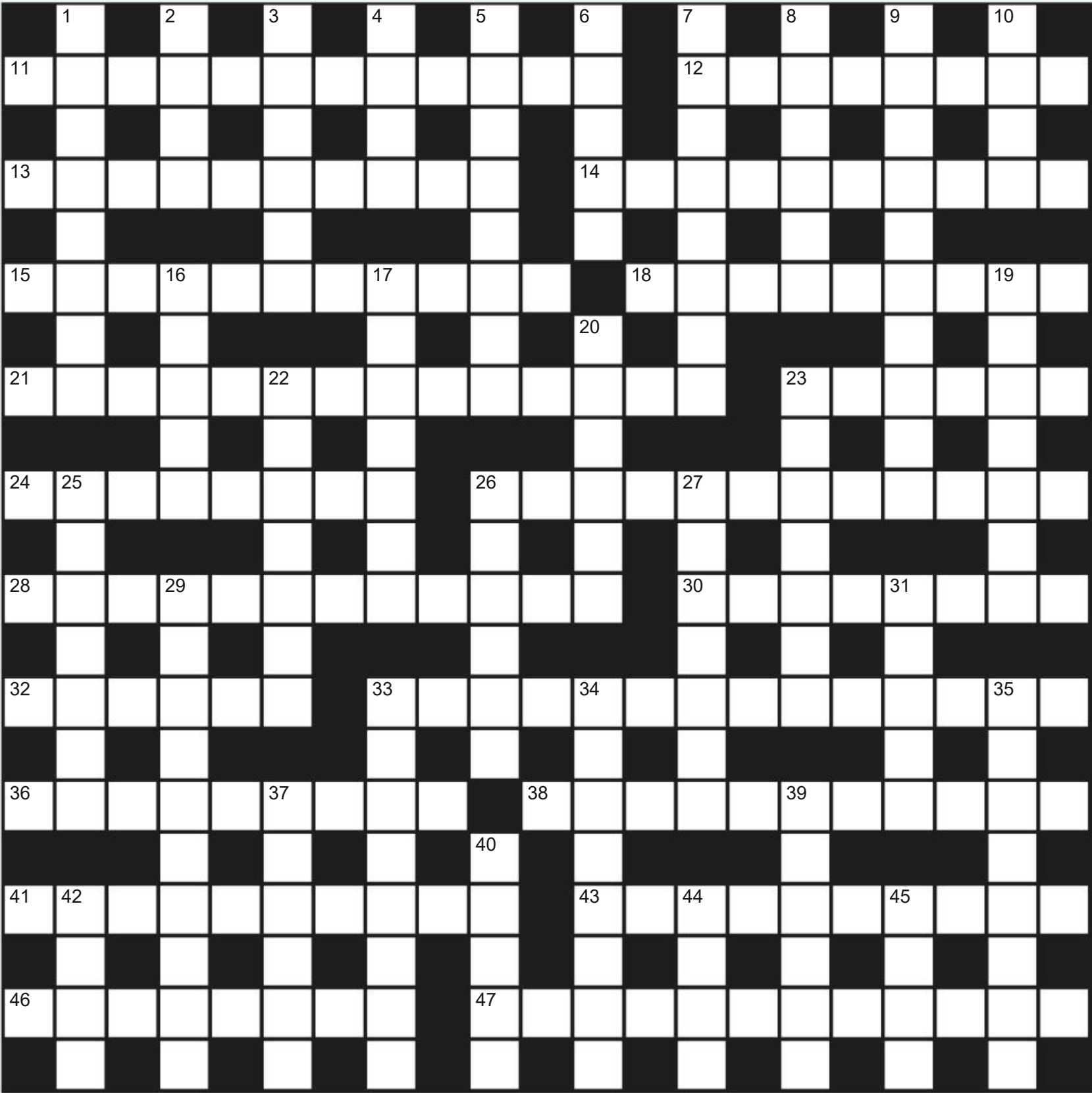
- 1** Heater fuel (8)
2 Ring of bells (4)
3 Evening meal (6)
4 Palm starch (4)
5 Eastern US state (8)
6 Celestial being (5)
7 Petrol (8)
8 Painting stands (6)
9 Estrangement (10)
10 Republic of Ireland (4)
16 *The Taming of the ---*, Shakespeare play (5)
17 Social department (7)
19 Retailers, vendors (7)

- 20** Paper hanky (6)
22 Eight-legged web spinners (7)
23 Kettledrums (7)
25 Ancestry (7)
26 Bud ---, Lou Costello's partner (6)
27 Give an account of, chronicle (7)
29 Aboriginal gathering (10)
31 Knee or elbow, eg (5)
33 Matrimony (8)
34 Information that helps form a conclusion (8)
35 Balderdash (8)
37 Of speech sounds (6)
39 --- Rowe, Australian pop star of the 60s (6)
40 Skewered meat (5)
42 Do as you're told (4)
44 Polynesian root food (4)
45 Queue (4)

8			7			2		
2							3	
	6	9		4				
						8		1
7			5		3			2
4		6						
				2		7	6	
	3							9
		5			6			3

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



Turn upside down for puzzle solutions

Across: 11 Veterinarian, 12 Academic, 13 Wollongong, 14 Exonerated, 15 Measurement, 18 Miss Daisy, 21 Representative, 23 Trifle, 24 Blowpipe, 26 Absent-Minded, 28 Inaccessible, 30 Readjust, 32 Walrus, 33 Mathematicians, 36 Devonport, 38 Hibernating, 41 Locomotive, 43 Enthralled, 46 Seceding, 47 Accordionist.
Down: 1 Kerosene, 2 Peal, 3 Dinner, 4 Sago, 5 Virginia, 6 Angel, 7 Gasoline, 8 Easels, 9 Separation, 10 Eire, 16 Shrew, 17 Manners, 19 Sellers, 20 Tissue, 22 Spiders, 23 Timpani, 25 Lineage, 26 Abbott, 27 Narrate, 29 Corrobooree, 31 Joint, 33 Marriage, 34 Evidence, 35 Nonsense, 37 Phonic, 39 Normie, 40 Kebab, 42 Obey, 44 Taro, 45 Line.

Crossword

1	7	5	9	8	6	4	2	3
6	3	2	4	5	7	1	8	9
9	4	8	3	2	1	7	6	5
4	9	6	2	1	8	3	5	7
7	8	1	5	9	3	6	4	2
5	2	3	6	7	4	8	9	1
3	6	9	1	4	2	5	7	8
2	1	7	8	6	5	9	3	4
8	5	4	7	3	9	2	1	6

Sudoku

14	15	16	17	18	19	20	21	22	23	24	25	26													
W	V	A	R	N	K	F	X	D	O	G	I	P													
2	3	4	5	6	7	8	9	10	11	12	13														
S	L	T	Z	Y	Q	J	B	C	M	H	E	U													
P	S	A	L	M	S	E	N	D	O	R	S	E													
P	A	O	V	N	E	L	E																		
S	I	Z	E	M	A	I	Z	E	T	P	E	S													
H	D	A	D	P	H	U	U	X	U																
A	S	S	I	G	N	Y	O	U	N	G	E	R	O	B	E	Y	E	D							
D	A	K	Y	A	U	C	A	P	A																
J	I	N	X	E	D	S	E	S	A	W	S	S	A	G	G	E	D								
M	E																								
M	A	Y	H	E	M	T	H	R	U	S	T	S	T	U	B	I	N	G							
E	S	I	X	U	T	A	X																		
R	A	F	F	I	A	E	L	O	P	E	R	S	E	A	R	F	U	L							
V	L	C	T	C	G	E	T	E	Q																
F	R	E	E	R	A	N	T	S	R	E	V	U	E	L	O	O	N								
A	H	A	O	I	A	R	I	G	L																
C	L	O	S	E	S	C	U	D	D	L	E	D	P	O	L	E	D								

Code Cracker

SUBSCRIBE TO

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index

BREAKFAST, BRUNCH & SPREADS

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- 74 Easy crepes ●●
- 74 Fluffy Japanese pancakes ●
- 26 One-pan eggs & capsicum ●●
- 26 Orange & dark chocolate yoghurt bowls ●
- 74 Sourdough pancakes ●
- 25 Vegan strawberry pancakes ●

LIGHT MEALS, SNACKS, SIDES & STARTERS

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- 44 Hummus snack packs ●●
- 70 Ratatouille ●●●
- 43 Spicy microwave popcorn ●●●

DRINKS

- 55 Aperitif spritz ●●
- 55 Elderflower spritz ●●●
- 45 Green spirulina smoothie ●●●
- 54 No-alcohol granadilla passionfruit spritz ●●
- 54 Pink gin spritz ●●●

MAINS

- 16 Balsamic feta & mint puy lentils ●●
- 52 Barbecued bream with green shallots, lemon & chilli ●●
- 49 Barbecued broccoli, cauliflower & haloumi ●●●
- 48 Barbecued lamb with cumin, lemon & garlic ●●
- 57 Beef with snow peas & cashews ●●
- 16 Beetroot tabbouleh ●●
- 62 Beetroot & horseradish beef burger ●●
- 32 Black bean soup with chunky raita ●●
- 68 Chicken and leek ●
- 29 Chicken skewers with broad bean hummus ●●
- 17 Chipotle & lime prawn burrito bowls ●
- 31 Fragrant biryani with coriander cod ●
- 40 Gingerly broccoli-fry with cashews ●●●
- 52 Grilled vegetables with cannellini beans & pesto ●●●
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- 50 Jerk-ish pork skewers ●
- 60 Lamb with hummus & roasted tomatoes ●●
- 33 Miso steak with noodle salad ●
- 68 Mushrooms on parmesan toast ●●

- 62 Paprika pork & potato crush ●●
- 34 Pork with cucumber & apricot couscous ●●●
- 36 Potato frittata with capsicum salsa ●●
- 38 Quinoa salad with shredded greens & raisins ●●
- 28 Quinoa with roast asparagus, eggs & capers ●●
- 60 Spiced pork & pineapple skewers ●●
- 42 Sweet potato gnocchi with tomato sauce ●
- 41 Three bean salad with mozzarella ●●
- 39 Vegetarian pastitsio ●●●
- 37 Vegie nuggets with summer slaw ●●
- 18 Vegie vermicelli ●●●
- 30 Wild salmon with radish & orange slaw ●●

DESSERTS

- 84 Cherry berry frozen yoghurt ●●
- 85 Choc banana pops ●●●
- 84 Fruity ginger iceblocks ●●●
- 85 Lychee & coconut snow ●●●
- 84 Mango & passionfruit yoghurt pops ●●●
- 85 Peach & honey frozen yoghurt ●●
- 84 Pine lime crush ●●●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

**ON SALE
NOW!**

100 EASY RECIPES FOR YOUR THERMO APPLIANCE

THE AUSTRALIAN
Women's Weekly

THERMO
loves



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Now is a good time to plan your diabetes health checks for 2023.

Diabetes can lead to complications, but with regular health checks you can identify problems early and put the best treatment in place.

Ask your GP or practice nurse about getting a diabetes management plan. You may be eligible to get a Medicare rebate to see a diabetes health professional.

**Book in a
health check
today!**

Your diabetes health checks

Health check	When?	Book in with a
☒ HbA1c	Every 6-12 months	doctor, diabetes nurse practitioner or diabetes educator
☒ Blood pressure	Every 6 months	GP, practice nurse or pharmacist
☒ Foot assessment for low risk feet	Every year	GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist
☒ Foot assessment for medium risk feet	Every 3-6 months	GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist
☒ Foot assessment for high risk feet	Every 1-3 months	GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist
☒ Eye examination	Every 2 years	optometrist or eye specialist
☒ Kidney health	Every year	GP or diabetes specialist (endocrinologist)
☒ Blood fats	Every year	doctor
☒ Weight assessment	Every 6 months	doctor or diabetes health professional
☒ Healthy eating review	Every year	dietitian
☒ Physical activity review	Every year	exercise physiologist
☒ Medication review	Every year	GP or pharmacist

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